

Appearance of hard and decoloured boils, swelling, horripilation and feeling of ant's crawling—these symptoms are found in vāyu covered with māṃsa.

Vāyu covered with medas causes āḍhyavāta which is characterised by shifting, unctuous, soft and cold swelling in body parts along with anorexia. This is curable with difficulty.

In case of vāyu having been covered with asthi, the patient likes hot applications and kneading. Besides, the body has breaking pain, malaise and piercing pain.

When vāyu is covered with majjā, there are bending, yawning, cramps and pain which ease by pressing with hands.

When yāyu is covered with śukra, semen is not expelled or expelled excessively and it causes sterility.

If vāyu is covered with food, there is pain in abdomen on taking food which subsides on empty stomach.

When vāyu is covered with urine, there are retention of urine and blowing up of urinary bladder.

When vāyu is covered with faeces, stool is constipated too much, there is cutting pain downwards in anorectum, uncting substance gets digested quickly, the patient suffers from hardness in bowels after meals, due to pressure with food the patient passes hard stool with difficulty and delay, there is pain in hip, groins and back, vāyu moves in reverse direction and heart is ill. [ 61-71 ]

**सन्धिच्युतिर्हनुस्तम्भः कुञ्जनं कुञ्जताऽर्दितः ॥ ७२ ॥**

पक्षाधातोऽङ्गसंशोषः पङ्कुत्वं खुडवातता । स्तम्भनं चाढ्यवातश्च रोगा मज्जास्थिगाश्च ये ॥ ७३ ॥  
एते स्थानस्य गाम्भीर्यव्यक्तात् सिध्यति वा न वा । नवान् बलवतस्त्वेतान् साधयेन्निरूपद्रवान् ॥ ७४ ॥

Displacement of joints, lock-jaw, contracture, humpedness, hemiplegia, wasting of body parts, paraplegia, khuḍavātata, stiffness and the disorders located in majjā and asthi are curable with difficulty or incurable due to deepness of their location. They should be treated if they are new, free from complications and in strong patients. [ 72-74 ]

**क्रियामतः परं सिद्धां वातरोगापहां शृणु । केवलं निरुपस्तम्भमादौ स्नेहैरुपाचरेत् ॥ ७५ ॥**  
वायुं सर्पिंवसातैलमज्जपानैर्नरं ततः । स्नेहक्कान्तं समाश्वास्य पयोभिः स्नेहयेत् पुनः ॥ ७६ ॥  
यूष्मार्घ्याम्बुजानूपरसैर्वा स्नेहसंयुतैः । पायसैः कृशरैः साम्ललवणैरनुवासनैः ॥ ७७ ॥  
नावैरस्तर्पणैश्चाक्षैः सुनिश्चं स्वेदयेत्ततः । स्वभ्यकं स्नेहसंयुक्तैर्नाडीप्रस्तरसङ्करैः ॥ ७८ ॥  
तथाऽन्यैर्विविधैः स्वेदैर्यथायोगमुपाचरेत् । स्नेहाकं स्विच्छमङ्गं तु वक्रं स्तब्धमथापि वा ॥ ७९ ॥  
शनैर्नामयितुं शक्यं यथेष्ट शुष्कदारुवत् । हर्षतोदरुगायामशोथस्तम्भग्रहादयः ॥ ८० ॥

स्विन्नस्याशु प्रशाम्यन्ति मार्दवं चोपजायते । स्नेहश्च धातून्संगुष्कान् पुष्णात्याशु प्रयोजितः ॥ ८१ ॥  
 बलमधिवलं पुष्टिं प्राणांश्चाप्यभिवर्धयेत् । असहकं पुनः स्नेहैः स्वेदश्चाप्युपपादयेत् ॥ ८२ ॥  
 तथा स्नेहमृदौ कोष्ठे न तिष्ठन्त्यनिलामयाः ।

Now listen about the successful treatment of the disorders of vāta.

If vāyu is alone and uncovered it should be managed with intake of ghee, muscle-fat, oil and marrow.

When the patient is tired of the uncting substance he should be given some interval and thereafter again uncted with milk, vegetable, soup of domestic, aquatic or marshy meat mixed with uncting substance, pāyasa ( rice cooked with milk ), krśarā with sours and salt, unctuous enema, snuffing and saturating food and when uncted well should be fomented.

The patient having been massaged well should be subjected to unctuous fomentation by means of tube, bed and bolus or the means according to need.

After massage and fomentation even a crooked or stiffened limb can be bent gradually as desired like a piece of dry wood.

After fomentation horripilation, piercing pain, distress, dilatation, swelling stiffness, seizures etc. are pacified quickly and softening comes forth.

The use of uncting substance nourishes the dried body tissues quickly and promotes strength, digestive power, corpulence and vital breath.

One should administer unction and sudation frequently. When the bowels are softened with unction, the disorders of vāta do not stay further. [ 75-82 ]

यदनेन सदोषत्वात् कर्मणा न प्रशाम्यति ॥ ८३ ॥

मृदुभिः स्नेहसंयुक्तौपथ्यस्तं विशोधयेत् । घृतं तिल्वकसिद्धमेव वा ॥ ८४ ॥  
 पथसैरण्डतैलं वा पिवेद्वप्त्वहरं शिवम् । लिङ्गधाम्ललवणोष्णाद्यराहारैर्हि मलश्चितः ॥ ८५ ॥  
 स्नोतो वद्धवाऽनिलं रुच्यात्तस्मात्तमनुलोमयेत् । दुर्बलो योऽविरेच्यः स्यात्तं निरुहृपाचरेत् ॥ ८६ ॥  
 पाचनैर्दीपनीयैर्वा भोजनैस्तद्युतैर्नरम् । संयुद्धस्योत्थिते चाम्हो स्नेहस्वेदौ पुनर्हितौ ॥ ८७ ॥  
 स्वादम्ललवणखिंच्छैराहारैः सततं पुनः । नावनैर्धूमपानैश्च सर्वनेत्रोपपादयेत् ॥ ८८ ॥  
 इति सामान्यतः प्रोक्तं वातरोगचिकित्सितम् ।

In case, due to excess of impurity, the disorder does not get pacified, the patient should be evacuated with mild unctuous purgatives.

The patient should take ghṛta prepared with tilvaka or sātalā or castor oil with milk—this eliminates impurity and is wholesome.

Excrement accumulated due to food being fatty, sour, salty, hot etc. checks vāyu by creating obstruction in channels, hence one should carminate vāyu.

If the patient is weak and unfit for purgation, he should be managed with non-unctuous enema and digestive or appetiser drugs and food mixed with them.

After evacuation and kindling of digestive fire, unction and fomentation should be administered again. Frequent use of sweet, sour and salty diet, snuffing and smoking should be made in all such cases.

Thus is said the general treatment of vātika disorders. [ 83-88 ]

विशेषतस्तु कोष्टस्थे वाते क्षारं पिवेन्नरः ॥ ८९ ॥

पाचनैर्दीपनैर्युक्तैरम्लैर्वा पाचयेन्मलान् । गुदपकाशयस्थे तु कर्मादावर्तनुद्धितम् ॥ ९० ॥  
 आमाशयस्थे शुद्धस्य यथादोषहरीः क्रियाः । सर्वाङ्गकुपितेऽभ्यङ्गे वस्तयः सानुवासनाः ॥ ९१ ॥  
 स्वेदाभ्यङ्गावगाहाश्च हृद्यं चान्नं त्वगाध्रिते । शीताः प्रदेहा रक्तस्थे विरेको रक्तमोक्षणम् ॥ ९२ ॥  
 विरेको मांसमेदःस्थे निरुहाः शमनःनि च । बाह्याभ्यन्तरतः स्नेहैरस्थिमज्जगतं जयेत् ॥ ९३ ॥  
 प्रहृष्टोऽन्तश्च शुक्रस्थे वलशुक्रकरं हितम् । विवद्धमार्गं दृष्ट्वा वा शुक्रं दद्याद्विरेचनम् ॥ ९४ ॥  
 विरिक्तप्रतिभुक्तस्य पूर्वोक्तां कारयेत् क्रियाम् । गर्भे शुष्के तु वातेन बालानां चापि शुष्यताम् ॥ ९५ ॥  
 सिताकाशमर्यमधुकैर्हितमुत्थापने पयः । हृदि प्रकुपिते सिद्धमंशुमत्या पयो हितम् ॥ ९६ ॥  
 मस्त्यान्नाभिप्रदेशस्थे सिद्धान् विलवशलाङ्गुभिः । वायुना वेष्टयमाने तु गात्रे स्यादुपनाहनम् ॥ ९७ ॥  
 तैलं संकुचितेऽभ्यङ्गे माषसैन्धवसाधितम् । वाहूशीर्पगते नस्यं पानं चौत्तरभक्तिकम् ॥ ९८ ॥

वस्तिकर्म त्वयो नामेः शस्यते चावपीडकः ।

Particularly in vāta located in belly, the patient should take alkali and sour things mixed with digestives and appetisers and thus help maturation of impurities.

In vāta located in anorectum and colon, the measure relieving udāvarta (upward movement of vāyu) is useful.

If vāta is located in āmāśaya (stomach), measures should be adopted after evacuation.

If vāyu is vitiated generally all over the body, massage, non-unctuous and unctuous enema should be applied.

In vāta located in twak, sudation, massage, bath and delicious food are useful.

In vāta located in rakta, cold applications, purgation and blood-letting are beneficial.

In vāta located in māṃsa and medas, non-unctuous enema and pacificatory measures are applied.

One should overcome the vāta located in asthi and majjā by applying unction externally as well as internally.

In vāta located in śukra, intensive exhilaration and food promoting strength and semen are beneficial. If there be some obstruction in seminal passage one should administer purgative and when patient has taken diet thereafter he should apply the above measures.

If foetus is dried or the child is reducing due to vāta, milk processed with sugar, kāśmarya and madhuka is beneficial for elevation.

If vāta is vitiated in heart, milk boiled with śālaparṇī is beneficial.

In vāta located in umbilical region, fishes cooked with tender bilva fruits should be given.

If there is twisting in body due to vāta, poultices ( with vāta-allaying drugs ) are useful.

In case of contracture, oil cooked with black gram and rock salt should be massaged.

In case of vāta located in arms and head, snuffing and post-meal intake of ghee are beneficial.

If vāyu is located below the navel, enema as well as snuffing with pressed juice is useful. [ 89-98 ]

अर्दिते नावनं मूर्धि तैलं तर्पणमेव च ॥ ९९ ॥

नाडीस्वेदोपनाहाश्राप्यानुपषिशिर्तैर्हिताः । स्वेदनं स्नेहसंयुक्तं पक्षाघाते विरेचनम् ॥ १०० ॥  
अन्तराकण्डरागुल्फं सिरावेधाग्निकर्म च । गृध्रसीषु प्रयुक्तीत खल्लथां तूष्णोपनाहनम् ॥ १०१ ॥  
पायसैः कृशरैर्मासैः शस्तं तैलघृतान्वितैः । व्यात्तानने हनुं स्वधामङ्गुष्ठाभ्यां प्रपीड्य च ॥ १०२ ॥  
प्रदेशिनीभ्यां चोज्ञाभ्य चिवुकोज्ञामनं हितम् । स्नस्तं स्वं गमयेत्स्थानं स्तब्धं स्विनं विनामयेत् ॥ १०३ ॥

In facial paralysis snuffing, head oil, saturation, tubular fomentation and poultices with meat of marshy animals are beneficial.

In hemiplegia, sudation combined with unction and purgation are useful. Venesection in tendocalcaneum and ankle and cauterization are applied in sciatica.

In khalli ( cramps ) hot poultices with pāyasa ( rice cooked with milk ), krśarā ( rice cooked with pulse ) or meat mixed with oil and ghee are commended.

In lock-jaw where mouth is open the jaw having been fomented should be pressed with thumbs and raised with index fingers and elevation of chin is recommended.

If jaw is displaced it should be brought to its place. If it is stiffened it should be bent after it is fomented. [ 99-103 ]

प्रत्येकं स्थानदूष्यादिक्रियावैशोष्यमाचरेत् ।

In every disorder particular step should be taken according to location, duṣya etc.

सर्पिस्तैलवसामज्जसेकाभ्यञ्जनवस्तयः ॥ १०४ ॥

स्निग्धाः स्वेदा निवातं च स्थानं प्रावरणानि च । रसाः पर्यांसि भोज्यानि स्वादम्ललवणानि च ॥ १०५ ॥  
घृहणं यच्च तत् सर्वं प्रशस्तं वातरोगिणाम् ।

Ghee, oil, fat and marrow used as intake, massage and enema, unctuous fomentations, wind-free place, wrappers, meat soups, mild, sweet, sour and salty edibles and whatever is bulk-promoting is useful for the patients of vātika disorders. [ 104-105 ]

वलाया पञ्चमूलस्य दशमूलस्य वा रसे ॥ १०६ ॥

अजशीर्षम्बुजानूपमांसादपिशितैः पृथक् । साधयित्वा रसान् स्निग्धान्दध्यम्लव्योषसंस्कृतान् ॥ १०७ ॥  
भोजयेद्वातरोगार्तं तैर्व्यक्तलवणैर्नरम् । एतैरेवोपनाहांश्च पिशितैः संप्रकल्पयेत् ॥ १२८ ॥  
घृततैलयुतैः साम्लैः शुण्णस्विच्छैरनस्थिभिः । पत्रोत्काथपयस्तैलद्रोण्यः स्युरवगाहने ॥ १०९ ॥  
स्वभ्यकानां प्रशस्यन्ते सेकाश्चानिलरोगिणाम् । आनुपौदकमांसानि दशमूलं शतावरीम् ॥ ११० ॥

कुलत्थान् बदरान्मार्घास्तिलात्रास्त्रां यवान् वलाम् ।

वसादध्यारनालाम्लैः सह कुम्भ्यां विपाचयेत् ॥ १११ ॥

नाडीस्वेदं प्रयुक्तित पिष्टैश्चाष्टुपनाहनम् ।

तैश्च सिद्धं घृतं तैलमध्यङ्गं पानमेव च ॥ ११२ ॥

मुस्तं किञ्चं तिळाः कुष्ठं सुराहं लवणं नतम् । दधिक्षीरचतुःस्नेहैः सिद्धं स्यादुपनाहनम् ॥ ११३ ॥

उत्कारिकावेसवारक्षीरमाषतिलोदनैः । परण्डबीजगोधूमयवकोलस्थिरादिभिः ॥ ११४ ॥

सन्धेहैः सरुजं गात्रमालिष्य बहलं भिषक् । परण्डपत्रैर्वैशीयाद्रात्रौ कलयं विमोक्षयेत् ॥ ११५ ॥

क्षीराम्बुना ततः सिर्कं पुनश्चैवोपनाहितम् । मुञ्चेद्रात्रौ दिवावद्वं चर्मभिश्च सलोमभिः ॥ ११६ ॥

फलानां तैलयोनीनामम्लपिष्टान् सुशीतलान् । प्रदेहानुपनाहांश्च गन्धैर्वातहरैरपि ॥ ११७ ॥

पायसैः कृशरैश्चैव कारयेत् स्नेहसंयुतैः ।

The patient of vātika disorder should be fed with fatty meat soups prepared with goat's head and meat of aquatic, marshy and carnivorous animals separately in decoction of balā, pañcamūla or daśamūla and added with sour curd and trikaṭu and having perceptible salt.

Poultices should be made with these very meats freed from bones, pounded and mixed with ghee, oil and sour things.

Tubs filled with decoctions of ( vāta-alleviating ) leaves, milk and oil should be used for bath.

Sprinklings should also be used in patients of vātika disorders after they are well-massaged.

Meat of marshy and aquatic animals, daśamūla, śatāvarī, kulattha, badara, black gram, sesamum, rāsnā, barley and balā should be boiled with fat, sour curd and sour gruel in an earthen pitcher. With this tube fomentation should be applied. The paste of these drugs should be used as poultice and ghee and oil cooked with the same should be used for massage and intake.

Musta, yeast, sesamum, kuṣṭha, devadāru, salt, nata ( tagara ) processed with curd, milk and four fats should be used as poultice.

Utkārikā, vēsavāra ( dietary preparations ) milk, black gram, sesamum, boiled rice, castor seeds, wheat, barley, jujube, laghu pañcamūla—all mixed with uncting substance should be pasted thickly on the painful part and bandaged with castor leaves in the night. In the next morning the bandage should be removed and the part should be sprinkled with milk mixed with water and again covered with the poultice and bandaged with haired leather. This bandage should be removed in night.

Pastes and poultices should be made of oily seeds pounded with sours and well-cooled and also of vāta-alleviating aromatic substances, rice cooked with milk and rice cooked with pulse added with uncting substance. [ 106-117 ]

रक्षशुद्धानिलार्तनामतः स्नेहान् प्रचक्षमहे ॥ ११८ ॥

विविधान् विविधव्याधिप्रशमायामृतोपमान् । द्रोणेऽस्मसः पचेद्भागान् दशमूलाच्चतुष्पलान् ॥ ११९ ॥  
 यवकोलकुलत्थानां भागैः प्रस्थोन्मितैः सह । पादशेषे रसे पिष्टैर्जीवनीयैः सशर्करैः ॥ १२० ॥  
 तथा खर्जूरकाश्मर्यद्राक्षावदरफलुभिः । सक्षीरैः सर्पिषः प्रस्थः सिद्धः केवलवातनुत् ॥ १२१ ॥  
 निरत्ययः प्रयोक्तव्यः पानाभ्यञ्जनवस्तिषु । चित्रकं नागरं रासां पौष्करं पिण्ठां शटीम् ॥ १२२ ॥  
 पिष्टा विपाचयेत् सर्पिर्वातरोगहरं परम् । बलाचिलवश्चते क्षीरे घृतमण्डं विपाचयेत् ॥ १२३ ॥  
 तस्य शुक्तिः प्रकुञ्जो वा नस्यं मूर्वगतेऽनिले । ग्राम्यानूपौदकानां तु भित्वाऽस्थीनि पचेजले ॥ १२४ ॥  
 तं स्नेहं दशमूलस्य कथायेण पुनः पचेत् । जीवकर्षभकास्फोताविदारीकपिकच्छुभिः ॥ १२५ ॥  
 वातघ्नैर्जीवनीयश्च कल्कैर्दिक्षीरभागिकम् । तत्सद्बं नावनाभ्यञ्जातथा पानानुवासनात् ॥ १२६ ॥  
 सिरापर्वास्थिकोष्टस्थं प्रणुदत्याशु मारुतम् । ये स्युः प्रक्षीणमज्जानः क्षीणशुक्रौजसश्च ये ॥ १२७ ॥  
 बलपुष्टिकरं तेषामेतत् स्यादमृतोपमम् । तद्विसद्वा वसा नक्मत्स्यकूर्मचुलूकजा ॥ १२८ ॥  
 प्रत्यग्रा विधिनाऽनेन नस्यानेषु शस्यते । प्रस्थः स्यात्रिफलायास्तु कुलत्थकुडवद्यम् ॥ १२९ ॥  
 कृष्णगन्धात्वगाढक्योः पृथक् पञ्चपलं भवेत् । राख्नाचित्रकयोर्हें द्वे दशमूलं पलोन्मितम् ॥ १३० ॥  
 जलद्रोणे पचेत् पादशेषे प्रस्थोन्मितं पृथक् । सुरारनालदश्यम्लसौवीरकतुषोदकम् ॥ १३१ ॥  
 कोलदाडिमवृक्षाम्लरसं तैलं वसां घृतम् । मज्जानं च पयश्चैव जीवनीयपलानि पद् ॥ १३२ ॥  
 कल्कं दत्त्वा महास्नेहं सम्यगेन विपाचयेत् । सिरामज्जास्थियो वाते सर्वाङ्गैकाङ्गरोगिषु ॥ १३३ ॥  
 वेपनाक्षेपशूलेषु तदभ्यङ्गे प्रयोजयेत् । निर्गुण्डया मूलपत्राभ्यां गृहीत्वा स्वरसं ततः ॥ १३४ ॥  
 तेन सिद्धं समं तैलं नाडीकुष्ठानिलार्तिषु । हिंतं पामापचीनां च पानाभ्यञ्जनपूरणम् ॥ १३५ ॥  
 कार्पासास्थिकुलत्थानां रसे सिद्धं च वातनुत् ।

Further I will describe various nectar-like uncting formulations for pacifying various disorders in patients suffering from roughness and pure vāyu.

In water 10.24 litres daśamūla 160. gm. and yava, kola and kulatha 640 gm. should be boiled till reduced to one-fourth, with this decoction and paste of vitaliser drugs along with śarkarā, kharjūra, kāśmarya, drākṣā, badara and phalgu and milk, ghee 640 gm. should be cooked. This is a successful alleviator of pure vāta and free from complications. This should be used as intake, massage and enema.

Citraka, śuṇṭhi, rāsnā, puṣkaramūla, pippalī and śaṭī—with the paste of these drugs ghee should be prepared. This is an excellent alleviator of vātika disorders.

Scum ( supernatant layer ) of ghee should be cooked in milk boiled with balā and bilva. This should be used as snuff in the dose of 20 or 40 gm. in vāta located in head.

The bones of domestic, marshy and aquatic animals should be cooked in water after crushing them. The fat thus extracted should be cooked again with the decoction of daśamūla and paste of jivaka, ṛṣabhaka, āsphotā, vidāri, vāta-alleviating and vitaliser drugs adding double quantity of milk. Ghee thus prepared and used as snuff, massage, intake and enema alleviates quickly vāta located in blood vessels, joints, bones and belly. This is like nectar and promoter of strength and corpulence for those who have deficiency of marrow, semen and ojas.

Similarly the muscle-fat of crocodile, fish, tortoise and porpoise cooked by the above method should be used afresh as snuff and intake

Triphalā 640 gm., horse gram 320 gm., śobhāñjana bark and āḍhakī each 200 gm., rāsnā 80 gm., citraka 80 gm., daśamūla 40 gm.—all these should be boiled in water 10.24 litres reduced to one-fourth. Then urine, sour gruel, sour curd, dāḍima and vṛkṣāmla, oil, fat, ghee, marrow, milk and paste of vitaliser drugs 240 gm. should be added to it and cooked. This mahāsneha ( great fat ) should be used for massage in vāta located in blood vessels, marrow and bone; generalised and localised disorders ( of vāta ), trembling, convulsions and pain.

Oil cooked with the equal quantity of the juice taken out of root and leaves of nirgunḍi is beneficial in sinus, leprosy, vātika disorders and skin diseases like pāmā and scrofula used as intake, massage and dressing.

Oil cooked in decoction of kārpāsa seeds and horse gram also alleviates vāta. [ 118-135 ]

मूलकस्वसे क्षीरसमे स्थाप्य व्यहं दधि ॥ १३६ ॥  
 तस्याम्लस्य त्रिभिः प्रस्थैस्तैलप्रस्थं विपाचयेत् । यष्ट्याहशकरास्त्रालवणार्द्रकनागरैः ॥ १३७ ॥  
 सुपिष्टैः पलिकैः पानात्तदभ्यङ्कात्त वातनुत् ।

In the juice of radish and equal quantity of milk mixed together curd should be kept for three days. With 1.92 litres of this sour liquid, oil 640 gm. should be cooked along with the paste of madhuyaṣṭī, śarkarā, rāsnā, lavaṇā, ārdraka and śunṭhi 40 gm. each. This alleviates vāta by use as intake and massage. [ 136-137 ]

पञ्चमूलकगायेण पिण्याकं बहुवार्षिकम् ॥ १३८ ॥

पक्त्वा तस्य रसं पूत्वा तैलप्रस्थं विपाचयेत् । पयसाऽष्टगुणेनैतत् सर्ववातविकारनुत् ॥ १३९ ॥  
 संसुष्टे शुग्मणा चैतद्वाते शस्तं विशेषतः । यवकोलकुलत्थानां श्रेयस्याः शुष्कमूलकात् ॥ १४० ॥  
 विल्वाचात्तिमेकैकं द्रवंरम्लैर्विपाचयेत् । तेन तैलं कषायेण फलाम्लैः कटुभिस्तथा ॥ १४१ ॥  
 पिण्ठः सिद्धं महावात्तरातः शीते प्रयोजयेत् ।

Oil-cake stored for many years should be boiled in decoction of pañcamūla. The extract after filtering should be used in cooking oil 640 gm. with eight times milk. It alleviates all sorts of vātika disorders particularly it is commended in vāta associated with kapha.

Barley, jujube, horse gram, gajapippali, dried radish and bilva each 160 gm. should be boiled in liquid sours ( like sour gruel, buttermilk etc. ). With this decoction oil should be cooked with the paste of sour fruits ( like pomegranates etc. ) and pungents. It should be used in cold season by those suffering from severe vātika disorders. [ 138-141 ]

सर्ववातविकाराणां तैलान्यन्यान्यतः शृणु ॥ १४२ ॥

चतुष्प्रयोगाण्यागुष्यवलवर्णकराणि च । रजःशुकप्रदोषग्नान्यपत्यजननानि च ॥ १४३ ॥  
 निरत्यानि सिद्धानि सर्वदोषहराणि च । सहाचरतुलायाश्च रसे तैलाढकं पचेत् ॥ १४४ ॥  
 मूलकलकाहशपलं पयो दत्त्वा चतुर्गुणम् । सिद्धेऽस्मिन्छकराचूर्णादषादशपलं भिषक् ॥ १४५ ॥  
 विनीय दारुणेष्वैतद्वातव्याधिषु योजयेत् । श्वदंष्ट्रास्वरसप्रस्थौ द्रौ समौ पयसा सह ॥ १४६ ॥  
 षट्पलं शृङ्गवेरस्य गुडस्याष्टपलं तथा । तैलप्रस्थं विपक्वं तैर्दद्यात् सर्वानिलार्तिषु ॥ १४७ ॥  
 जीर्णे तैले च दुधेन पेयाकल्पः प्रशास्यते । बलाशतं गुडच्याश्च पादं रास्त्राष्ट्रभागिकम् ॥ १४८ ॥  
 जलाढकशते पक्त्वा दशभागस्थिते रसे । दधिमस्तिवक्षुनिर्यासिशुक्तैस्तैलाढकं समैः ॥ १४९ ॥  
 पचेत् साजपयोऽधार्षौः कल्करेभिः पलोन्मितैः । शट्टीसरलदार्वेलामङ्गिष्ठागुरुचन्दनैः ॥ १५० ॥  
 पद्मकातिविपामुस्तसूर्पपणीहरेणुभिः । यष्ट्याहसुरसव्याघ्रनखर्षभकजीवकैः ॥ १५१ ॥  
 पलाशरसकस्तूरीनलिकाजातिकोषकैः । स्पृक्काकुङ्कुमशैलेयजातीकुफलाम्बुभिः ॥ १५२ ॥  
 त्वच्छुकुन्दुरुक्पूरतुरुष्कश्रीनिवासकैः । लवङ्गनखक्कोलकुष्मांसीप्रियङ्गुभिः ॥ १५३ ॥  
 स्थौर्णेयतगरध्यामवचामदनपङ्गवैः । सनागकेशैः सिद्धे क्षिपेच्चात्रावतारिते ॥ १५४ ॥  
 पत्रकल्कं ततः पूर्तं विधिना तत् प्रयोजयेत् । श्वासं कासं ज्वरं हिकां छिदिं गुल्मान् क्षतं क्षयम् ॥ १५५ ॥

श्रीहशोपावपस्मारमलक्ष्मीं च प्रणाशयेत् । बलातैलमिदं श्रेष्ठं वातव्याधिविनाशनम् ॥ १५६ ॥  
( अग्निवेशाय गुरुणा कृष्णात्रेयेण भाषितम् । )

इति बलातैलम् ।

Further listen about the other tailas ( oily preparations ) useful in all vātika disorders in all the four forms ( intake, massage, snuff and enema ) and which promote life span, strength and complexion, destroy the disorders of rajas and śukra ( female and male reproductive factors ) and thus provide fertility. They are harmless, effective and alleviator of all dosās.

Oil 2.56 kg. should be cooked with the juice of sahācara 4 kg., paste of its root 400 gm. and four times milk. When it is prepared, the powder of śarkarā 720 gm. should be dissolved in it. This oil should be used in severe vātika disorders.

Juice of śwadāmṣṭrā ( gokṣura ) 1.28 litres, equal quantity of milk, śuṇṭhī 240 gms., jaggery 320 gm. with these oil 640 gm. should be cooked. It is useful in all vātika disorders. When the drug ( oil ) is digested, gruel with milk should be taken as diet.

Oil 2.56 kg. should be cooked with the decoction of balā 4 kg., guḍūcī 1 kg. and rāsnā 500 gm. made in water 2.56 litres and reduced to one-tenth added with curdwater, sugarcane juice and śukta ( vinegar ) each in quantity equal to that of oil ( 2.56 litres ), goat's milk in half quantity ( 1.28 litres ) and paste of the following drugs each 40 gms.—śaṭī, devadāru, elā, mañjishṭhā, aguru, candana, padmaka, ativiṣā, musta, śūrpaparnī, hareṇu, madhuyaṣṭī, surasa, vyāghranakha, ṛṣabhaka, jivaka, exudation of palāśa, kastūri, nalikā, jātikoṣa, kurūkuma, śaileya, jātiphala, kaṭuphala, hṛibera, twak, kunduru, karpūra, turuṣka, śrīnivāsa, lavaṅga, nakha, kakkola, kuṣṭha, māṁsi, priyaṅgu sthaṇyeya, tagara, dhyāma, vacā, tender leaves of madana and nagakesara. When oil is prepared it should be brought down and added with the paste of aromatic leaves and thereafter filtered. It should be used according to prescribed method. This 'balātaila' alleviates dyspnoea, cough, fever, hiccup, vomiting, guīma, wasting due to ( chest ) wound, splenomegaly, consumption, epilepsy and inauspiciousness and is an excellent alleviator of vāta-vyādhi.

( This is delivered by the teacher Kṛṣṇātreya to Agniveṣa ). [ 142-156 ]  
( Thus Balātaila ).

अमृतायास्तुलाः पञ्च द्रोणेष्वधृस्वपां पचेत् ॥ १५७ ॥

पादशेषे स्त्रीरूपे तैलस्य द्रव्यादकं पचेत् । एलामांसीनतोशीरसारिवाकुष्ठचन्दनैः ॥ १५८ ॥  
बलश्वतमस्तकमेवाशतपुष्पद्विजीवकैः । काकोलोक्षीरकाकोलोश्रावण्यतिवलानखैः ॥ १५९ ॥  
महाश्रावणिजीवन्तीविदारीकपिकच्छुभिः । शतावरीमहामेदाकर्टाख्याहरेणुभिः ॥ १६० ॥

वचागोक्षुरकैरण्डारास्नाकालासहाचरैः । वीराशलकिमुस्तत्वक्प्रवर्षभकवालकैः ॥ १६१ ॥  
 सहैलाकुद्धमस्पृकात्रिदशादैश्च कार्षिकैः । मञ्जिष्ठायालिकर्षेण मधुकाष्टपलेन च ॥ १६२ ॥  
 कल्कैस्तत् क्षीणवीर्याश्विवलसंमूढचेतसः । उन्मादारत्यपस्मारैरात्मश्च प्रकृतिं नयेत् ॥ १६३ ॥  
 वानव्याधिहरं श्रेष्ठं तैलायथमसृताद्वयम् । ( कृष्णाचेयेण गुरुणा भाषितं वैयपूजितम् ॥ १६४ ॥ )  
 इत्यसृतायतैलम् ।

Guḍūcī 20 kg. should be boiled in water 81.92 litres reduced to one-fourth. With this, oil 5.12 kg. should be cooked with equal quantity of milk and the paste of elā, māmsi, tagara, uśira, sārivā, kuṣṭha, candana, balā, tāmalakī, medā, śatapuṣpā, ṛddhi, jīvaka, kākolī, kṣirakākoli, śrāvaṇī, atibalā, nakha, mahāśrāvaṇī, jīvantī, vidārī, kapikacchu, śatāvari, mahāmedā, karkatākhyā, hareṇu, vacā, gokṣura, eranḍa, rāsnā, kālā, sahācara, vīrā, śallakī, musta, twak, patra, ṛṣabhaka, sahā, elā, kuñkuma, spṛkkā, lavaṅga 10 gm. each, mañjishṭhā 30 gm. and madhuka 320 gm. This oil known as 'Amṛtā taila' is one of the best oils. It brings back to normalcy the persons with dimini hed energy, agni and strength and confused mind and suffering from insanity, restlessness and epilepsy. It is an excellent alleviator of vātika disorders.

( This is delivered by the teacher Kṛṣṇātreyā and is honoured by physicians. [ 157-164 ] ( Thus Amṛtā taila ).

रास्नासहस्रनिर्यूहे तैलद्रोणं विपाचयेत् । गन्धेहैमवतैः पिष्टैरेलायैश्वानिलार्तिनुत् ॥ १६५ ॥  
 कल्पोऽयमश्वगन्धायां प्रसारण्यां बलाद्वये । काथकरकपयोभिर्वा बलादीनां पचेत् पृथक् ॥ १६६ ॥  
 इति रास्नातैलम् ।

Oil 10.24 kg. should be cooked in decoction of rāsnā 40 kg. with paste of aromatic drugs growing in himalayas and drugs of the elādi group ( mentioned under amṛta taila ). It alleviates vātika disorders.

Such preparations may also be prepared with aśwagandhā, prasāriṇī and two types of balā ( balā and atibalā ). In these cases, separate oils may be prepared with paste of balā etc. along with milk. [ 165-166 ] ( Thus Rāsnā taila )

मूलकस्वरसं क्षीरं तैलं दध्यम्लकाञ्जिकम् । तुल्यं विपाचयेत् कल्कैर्वलाचित्रकसैन्धवैः ॥ १६७ ॥  
 पिप्पल्यतिविषारास्नाचविकागुरुशिश्रुकैः । भृष्णातकवचाकुपुश्वदंश्वाविश्वभेषजैः ॥ १६८ ॥  
 पुष्कराद्वशटीविल्वशताद्वानतदारुभिः । तत्सद्धं पीतमत्युग्रान् हन्ति वातात्मकान् गदान् ॥ १६९ ॥  
 इति मूलकायं तैलम् ।  
 वृष्मूलगुद्धच्योश्च द्विशतस्य शतस्य च । चित्रकात् साश्वगन्धाच्च काथे तैलाद्वकं पचेत् ॥ १७० ॥  
 सक्षीरं वायुना भग्ने दद्याज्जर्जरिते तथा । प्राकैलावापसिद्धं च भवेदेतद्गुणोत्तरम् ॥ १७१ ॥  
 इति वृष्मूलादितैलम् ।

Juice of radish, milk, oil, sour curd and sour gruel all in equal quantity should be cooked together with the paste of balā, citraka, rock salt, pippalī, ativiśā, rāsnā, cavikā, aguru, śigru, bhallātaka, vacā, kuṣṭha, gokṣura, śuṇṭhī, puṣkaramūla, śaṭī, bilva, śatāhvā, tagara and devadāru. This oil taken destroys even very severe vātika disorders.

( Thus Mūlakādya taila ).

Oil 2.56 kg. should be cooked with decoction of vāsā root and guḍūci 8.kg. ( each 4 kg. ), citraka and aśvagandhā 4 kg. ( each 2 kg. ) along with milk. This oil should be used in patients broken and shattered by ( disorders of ) vāta. If added with the drugs of above mentioned elādi group, it becomes more effective. [167-171]

( Thus Vṛṣamūlādi taila ).

रास्नाशिरीषयष्ट्याद्वशुण्ठीसहचरामृताः ॥ १७२ ॥

इयोनाकदारुशम्पाकहयगन्धात्रिकण्टकाः । पषां दशपलान् भागान् कषायमुपकल्पयेत् ॥ १७३ ॥  
ततस्तेन कषायेण सर्वगन्धैश्च कार्षिकैः । दध्यारनालमाषाम्बुमूलकेक्षुरसैः गुर्मैः ॥ १७४ ॥  
पृथक् प्रस्थोन्मितैः सार्थं तैलप्रस्थं विपाचयेत् । श्लीहमूत्रग्रहश्वासकासमारुतरोगनुत् ॥ १७५ ॥  
पतन्मूलकतैलार्थं वर्णायुर्वलवर्धनम् ।

इति मूलकतैलम् ।

यवकांलकुलत्थानां मत्स्यानां शिश्रुविल्वयोः । रसेन मूलकानां च तैलं दधिपयोन्वितम् ॥ १७६ ॥  
साधयित्वा भिषग्द्यात् सर्ववातामयापहम् । लशुनस्वरसे शिश्रुं तैलमेभिश्च वातनुत् ॥ १७७ ॥  
तैलायेतान्युत्स्रातामङ्गनां पाययेत च । पीत्वाऽन्यतममेषां हि वन्ध्याऽपि जनयेत् सुतम् ॥ १७८ ॥  
यच्च शीतज्वरे तैलमगुर्वाद्यमुदाहतम् । अनैकशतशस्तच्च सिद्धं स्यादातरोगनुत् ॥ १७९ ॥  
वक्ष्यन्ते यानि तैलानि वातशोणितकेऽपि च । तानि चानिलशान्त्यर्थं सिद्धिकामः प्रयोजयेत् ॥ १८० ॥  
नास्ति तैलात् परं किञ्चिदौषधं मारुतापहम् । व्यवायुष्णगुरुखेदात् संस्काराद्वलत्तरम् ॥ १८१ ॥  
गणैर्वातहरैस्तस्माच्छतशोऽथ सहस्राः । सिद्धं क्षिप्रतरं ह्वन्ति सूक्ष्ममार्गस्थितान् गदान् ॥ १८२ ॥

Rāsnā, śiriṣa, madhuyaṣṭī, śuṇṭhī, sahācara, guḍūci, śyonāka, devadāru, āragvda, aśvagandhā, gokṣura each 400 gm. should be made into decoction. With this oil 540 gm. should be cooked with the paste of sarvagandha ( group of aromatic drugs ) each 10 gm. along with curd; sour gruel, sour liquid of horse gram, radish juice and sugar cane juice each 640 ml. This known as 'Mūlaka taila' ( oil prepared with roots ) alleviates spleen enlargement, retention of urine, dyspnoea, cough and vātika disorders and promotes complexion, life span and strength.

( Thus Mūlaka taila ).

Physician should administer oil prepared with the decoction of barley, jujube, horse gram, fishes, śigru, bilva and juice of radish along with curd and milk to alleviate all vātika disorders.

Oil prepared in juice of garlic with the above drugs alleviates vāta.

These oils may also be administered to women having bathed after periods. Taking one of these even a sterile women delivers a son.

The agurvādyā taila mentioned under cold fever if cooked several hundred times alleviates vātika disorders.

One desirous of success should use the oils to be said under vātarakta for pacification of vāta.

There is no remedy for vātika disorders better than oil due to presence of vyavāyī, uṣṇa, guru and snigdha properties. It becomes more effective after processing. Hence having been cooked with the drugs of vāta-alleviating groups hundred or thousand times it destroys the disorders located even in minute channels quickly. [ 172-182 ]

क्रिया साधारणी सर्वा संसृष्टे चापि शस्यते । वाते पित्तादिभिः स्रोतःस्वावृतेषु विशेषतः ॥ १८३ ॥  
 पित्तावृते विशेषेण शीतामुष्णां तथा क्रियाम् । व्यत्यासात् कारयेत् सर्पिञ्जीवनीयं च शस्यते ॥ १८४ ॥  
 धन्वमांसं यवाः शालिर्यापनाः क्षीरबस्तयः । विरेकं क्षीरपानं च पञ्चमूलीबलाशृतम् ॥ १८५ ॥  
 मधुयष्टिबलातैलघृतक्षीरैश्च सेचनम् । पञ्चमूलकषायेण कुर्यादा शीतवारिणा ॥ १८६ ॥  
 कफावृते यवानानि जाङ्गला मृगपक्षिणः । स्वेदास्तीक्षणा निरुद्धाश्च वमनं सविरेचनम् ॥ १८७ ॥  
 जीर्णं सर्पिस्तथा तैलं तिलसर्वपञ्चं हितम् । संसृष्टे कफपित्ताभ्यां पित्तमादौ विनिर्जयेत् ॥ १८८ ॥

In case of combination of vāyu with pitta etc. particularly in covering of channels over all general treatment should be given

In vāta covered with pitta cold and hot measures should be applied alternately. Jivaniya ghr̄ta is also commended in such case. Besides, meat of wild animals, barley, śāli rice, sustainer milk enemas, purgation, intake of milk boiled with pañcamūla and balā are useful, the patient should be sprinkled with madhuyaṣṭī taila, balātaila, ghee, milk, decoction of pañcamūla or cold water.

In vāta covered with kapha barley food, wild animals and birds, sudation, strong non-unctuous enema, emesis, purgation, old ghee and oil of sesamum and mustard are wholesome.

In case there is combination with both kapha and pitta, pitta should be overcome first. [ 183-188 ]

आमाशयगतं मत्वा कफं वमनमावरेत् ॥ १८९ ॥

पकाशये विरेकं तु पित्ते सर्वत्रगे तथा । स्वेदैर्धिज्ञन्विदतः ग्लेष्या यवा पकाशये स्थितः ॥ १९० ॥  
 पित्तं वा दर्शयेद्विङ्गं वस्तिभिस्तौ विनिर्हरेत् । ग्लेष्याऽनुगतं वातमुष्णीयोमूष्वसंयुतैः ॥ १९१ ॥  
 निरुहः पित्तसंसृष्टं निर्हरेत् क्षीरसंयुतैः । मधुयष्टिवसिङ्गैः तैलैस्तमनुवासयेत् ॥ १९२ ॥

शिरोगते तु सकफे धूमनस्यादि कारयेत् । हृते पित्ते कफे यः स्यादुरःस्योतोऽनुगोऽनिलः ॥ १९३ ॥  
 सशेषः स्यात क्रिया तत्र कार्या केवलवातिकी । शोणितेनावृते कुर्याद्वातशोणितकीं क्रियाम् ॥ १९४ ॥  
 प्रमेहवातमेदोद्धीमामवाते प्रयोजयेत् । स्वेदाभ्यङ्गरसक्षीरखेहा मांसावृते हिताः ॥ १९५ ॥  
 महाक्षेद्वात्स्थितमजस्थे पूर्वचद्रेतसाऽवृते । अन्नावृते तदुल्लेखः पाचनं दीपनं लघु ॥ १९६ ॥  
 मूत्रलानि तु मूत्रेण स्वेदाः सोन्तरबस्तयः । शकृता तैलमैरण्डं स्निग्धोदावर्तवात्क्रिया ॥ १९७ ॥  
 स्वस्थानस्थो बलो दोषः प्राक् तं स्वैरौपयेजयेत् । वमनैर्वा विरेकैर्वा वस्तिभिः शमनैन वा ॥ १९८ ॥  
 ( इत्युक्तमावृते वाते पित्तादिर्भिर्यथायथम् । )

When kapha is observed to have come in the stomach, emesis should be given. When kapha comes in pakvāśaya ( intestines ) or pitta spreads all over the body purgation should be administered.

When kapha liquified by fomentation is situated in pakvāśaya or there appears the symptoms of pitta--both of these should be eliminated with enema.

Vāta followed by kapha should be eliminated with hot non-unctuous enemas containing cow's urine. Likewise, that combined with pitta should be eliminated with non-unctuous enemas containing milk. The patient should also be given unctuous enema with oil prepared with sweet drugs.

When vāta is associated with kapha and located in head, one should advise smoking and snuffing etc.

After elimination of pitta and kapha if vāta still remains moving in respiratory passages, the treatment of single vāta should be given there.

If vāta is covered with blood, measures prescribed for vātarakta should be applied. In āmavāta, one should apply the measures alleviating prameha, vāta and medas.

In vāta covered with māṃsa, fomentation, massage, meat soup, milk and uncting substances are beneficial.

In vāta located in bone and marrow mahāsneha should be administered.

In vāta covered with semen, the measure mentioned earlier should be applied.

In vāta covered with food, the food should be vomited and digestive and appetising drugs should be administered along with light diet.

In vāta covered with urine, diuretics, fomentation and urethral douche should be applied.

In vāta covered with faeces, castor oil should be given. Besides, unctuous measures as prescribed for udāvarta should be applied.

Dosā situated in its own place is strong, hence it should be overcome first with its specific remedial measures such as emesis or purgation or enema or pacifying ones.

Thus is said properly about covering of vāta by pitta etc. [ 189-198 ]

मास्तानां हि पञ्चानामन्योन्यावरणे शृणु ॥ १९९ ॥

लिङ्गं व्याससमासाभ्यामुच्यमानं मयाऽनश्च ! प्राणो वृणोत्युदानादीन् प्राणं वृष्टवन्तितेऽपि च ॥ २०० ॥  
उदानाचास्तथाऽन्योन्यं सर्वं पव यथाक्रमम् । विशतिर्वरणान्येतान्युत्पाणानां परस्परम् ॥ २०१ ॥  
माहतानां हि पञ्चानां तानि सम्यक् प्रतर्कयेत् । सर्वेन्द्रियाणां शून्यत्वं ज्ञात्वा स्मृतिबलक्षयम् ॥ २०२ ॥  
व्याने प्राणावृते लिङ्गं कर्म तत्रोर्धवजनुकम् । स्वेदोऽत्यर्थं लोमहर्षस्त्वग्दोषः सुतगात्रता ॥ २०३ ॥  
प्राणे व्यानावृते तत्र स्नेहयुक्तं विरेचनम् । प्राणावृते समाने स्युर्जडगद्वद्मूकताः ॥ २०४ ॥  
चतुष्प्रयोगाः शस्यन्ते स्नेहास्तत्र सयापनाः । समानेनावृतेऽपाने ग्रहणीपार्श्वहृददः ॥ २०५ ॥

शूलं चामाशये तत्र दीपनं सर्पिरिष्यते ।

Now sinless! listen to me telling about the symptoms of mutual covering of five types of vāta in brief as well as detail.

Prāṇa covers udāna etc. and the latter also cover prāṇa. Similarly all others udāna etc. cover mutually. Thus there are twenty types of mutual covering of the five types of vāta in stage of aggravation. These should be observed properly.

Vacantness of all senses, diminution of intellect, memory and strength are the symptoms of vyāna covered by prāṇa. It should be managed as supraclavicular disorders.

Excessive sweating, horripilation, skin diseases, numbness in body parts are the symptoms of prāṇa covered by vyāna. Here unctuous purgatives should be administered.

In case of samāna covered by prāṇa, stunning, stammering and dumbness are observed. Here uncting substances are used in four ways ( intake, massage, snuffing and enema ) and also sustaining enemas.

When prāṇa is covered by samāna disorders of grahaṇī, sides and heart and pain in stomach are seen. In such cases appetising ghṛta ( ghee processed with appetising drugs ) is given. [ 199-205 ]

शिरोग्रहः प्रतिश्यायो निःश्वासोच्छ्वाससंप्रहः ॥ २०६ ॥

हृदोगो मुखशोषश्चाप्युदाने प्राणसंवृते । तत्रोर्ध्वभागिकं कर्म कार्यमाश्वासनं तथा ॥ २०७ ॥  
कर्मजोवलवर्णानां नाशो मृत्युरथापि वा । उदानेनावृते प्राणे तं शनैः शीतवारिणा ॥ २०८ ॥  
सिञ्चेदाश्वासयेचैनं सुखं चैवोपपादयेत् । ऊर्ध्वगेनावृतेऽपाने छर्दिंश्वासादयो गदाः ॥ २०९ ॥  
म्युर्वाते तत्र बस्त्यादि भोजयं चैवानुलोमनम् । मोहोऽल्पोऽम्लिरतीसार ऊर्ध्वगेऽपानसंवृते ॥ २१० ॥  
वाते स्याद्वमनं तत्र दीपनं ग्राहि चाशनम् । वस्त्याध्मानमुदावर्तगुल्मार्तिपरिकर्तिकाः ॥ २११ ॥

लिङ्गं व्यानादृतेऽपाने तं स्निग्धैरुलोमयेत् । अपानेनादृते व्याने भवेद्विष्मूत्ररेतसाम् ॥ २१२ ॥  
 अतिप्रवृत्तिस्तत्रापि सर्वं संग्रहणं मतम् । मूर्च्छा तन्द्रा प्रलापोऽङ्गसादोऽश्वयोजोबलक्षयः ॥ २१३ ॥  
 समानेनादृते व्याने व्यायामो लघुभोजनम् । स्तव्धताऽल्पाम्लिताऽस्वेदश्वेषाहानिर्निर्मीलनम् ॥ २१४ ॥  
 उदानेनादृते व्याने तत्र पथ्यं मितं लघु । पञ्चान्योन्यादृतानेवं वातान् बुध्येत लक्षणैः ॥ २१५ ॥  
 एषां स्वकर्मणां हानिवृद्धिर्वाऽवरणे मता । यथास्थूलं समुदिष्टमेतदावरणाष्टकम् ॥ २१६ ॥  
 सलिङ्गभेषजं सम्यग्बुधानां बुद्धिवृद्धये ।

When udāna is covered by prāṇa stiffness in head, coryza, difficulty in respiration, cardiac disorder and dryness of mouth are seen. In such case, treatment as in supraclavicular diseases should be given consoling the patient at the same time.

In case of prāṇa covered by udāna loss of activity, immunity, strength and complexion or even death occurs. In such case the patient should be sprinkled slowly with cold waters consoled and given all comforts.

When apāna is covered by prāṇa, disorders such as vomiting, dyspnoea etc. occur. In such case enema etc. and carminative diet should be given.

When prāṇa is covered by apāna, mental confusion, diminution of digestive fire and diarrhoea are observed. It should be managed with emesis and appetising and astringent diet.

Vomiting, tympanitis, udāvarta, gulma, distress and cutting pain are the symptoms in apāna covered by vyāna. It should be carminated with unctuous measures.

When vyāna is covered by apāna there is excessive discharge of stool, urine and semen. Here also astringent measures are applied.

In vyāna covered by samāna, fainting, drowsiness, delirium, malaise, loss of agni, immunity and strength are found. In such case, physical exercise and light food is prescribed.

In vyāna covered by udāna, there are stiffness, poor digestion, absence of sweating, loss of activity and closing of eyes. In such case ( the patient should be advised to take ) wholesome, measured and light food.

Thus five types of vāta with mutual covering should be known from the ( above ) symptoms.

As a general observation, in the state of covering there occurs diminution or aggravation in normal function of these types of vāta.

Thus the eight types of covering have been mentioned above broadly with symptoms and treatment for adding to the knowledge of the wise. [ 206-216 ]

स्थानान्यवेक्ष्य वातानां वृद्धिं हाति च कर्मणाम् ॥ २१७ ॥  
 द्रादशाचरणान्यन्त्रभिलक्ष्य भिवग्जितम् । कुर्यादभ्यङ्गनस्त्रेहपानवस्त्यादि सर्वशः ॥ २१८ ॥  
 क्रममुष्णमनुष्णं वा व्यत्यासादवचारयेत् ।

The physician should also diagnose the other twelve types of covering of vāta looking to their location and increase or decrease in functions. Accordingly he should decide the line of treatment and apply massage, intake of uncting substance, enema etc. or hot and cold measures alternately. [ 217-218 ]

उदानं योजयेदूर्ध्वमपानं चानुलोमयेत् ॥ २१९ ॥  
 समानं शमयेद्यैव त्रिधा व्यानं तु योजयेत् । प्राणो रक्ष्यथतुम्योऽपि स्थाने ह्यम् स्थितिर्घुवा ॥ २२० ॥  
 स्वं स्थानं गमयेदेवं वृतानेतान् विमार्गगान् ।

Udāna should be led upwards, apāna downwards, samāna in the middle and vyāna in all these three directions. In comparison to the four, prāṇa should be protected carefully because its location in its normal position is essential. Thus there covered and having gone to wrong course should be brought back to their normal positions. [ 219-220 ]

मूर्छा दाहो अमः शूलं विदाहः शीतकामिता ॥ २२१ ॥  
 छर्दनं च विदधस्य प्राणे पित्तसमावृते । भ्रीवनं क्षवथूदगारनिः वासोच्छाससंग्रहः ॥ २२२ ॥  
 प्राणे कफावृते रूपाण्यस्त्रिश्लिंदिरेव च । मूर्छाद्यानि च रूपाणि दाहो नाभ्युरसः क्लमः ॥ २२३ ॥  
 ओजोभ्रंशश्च सादश्चाप्युदाने पित्तसंवृते । आवृते श्लेष्मणोदाने वैवर्ण्यं वाक्स्वरग्रहः ॥ २२४ ॥  
 दौर्बल्यं गुरुगात्रत्वमस्त्रिश्वोपजायते । अतिस्वेदस्तृष्णा दाहो मूर्छा वारुचिरेव च ॥ २२५ ॥  
 पित्तावृते समाने स्यादुपघातस्तथोद्धमणः । अस्वेदो वहिमान्दं च लोमहर्षस्तथैव च ॥ २२६ ॥  
 कफावृते समाने स्याद् गात्राणां चातिशीतता । व्याने पित्तावृते तु स्यादाहः सर्वाङ्गः क्लमः ॥ २२७ ॥  
 गात्रविक्षेपसङ्गश्च ससंतापः सवेदनः । गुरुता सर्वगात्राणां सर्वसन्ध्यस्थिजा रुजः ॥ २२८ ॥  
 व्याने कफावृते लिङ्गं गतिसङ्गस्तथाऽधिकः । हारिद्रमूत्रवर्चस्त्वं तापश्च गुदमेद्योः ॥ २२९ ॥  
 लिङ्गं पित्तावृतेऽपाने रजसश्चातिवर्तनम् । भिन्नामश्लेष्मसंसृष्टगुरुवर्चः प्रवर्तनम् ॥ २३० ॥  
 श्लेष्मणा संवृतेऽपाने कफमेहस्य चागमः ।

Fainting, burning sensation, giddiness, pain, burning in stomach, liking for cold, vomiting of half-burnt food are the symptoms of prāṇa covered by pitta.  
 Spitting, sneezing, belching, respiratory disorders, anorexia and vomiting are the symptoms of prāṇa covered by kapha.

Fainting etc. ( as said above ), burning sensation in navel and chest, exhaustion, deterioration of ojas and malaise are the symptoms of udāna covered by pitta.

If udāna is covered by kapha, there are abnormal complexion, obstruction in speech and voice, debility, heaviness in body and anorexia.

Excessiva sweating, thirst, burning sensation, fainting, restlessness, affliction caused by heat are the symptoms of samāna covered by pitta. Absence of sweating, poor digestion, horripilation and excessive coldness of body parts are the symptoms of samāna covered by pitta.

Absence of sweating, poor digestion, horripilation and excessive coldness of body parts are the symptoms of samāna covered by kapha.

If vyāna is covered by pitta, there are burning sensation all over the body, exhaustion, restricted movements of body, pyrexia and pain.

Heaviness in body, pain in all joints and bones, pronounced restriction of movements are the symptoms in vyāna covered by kapha.

Deep yellow colour of urine and stool, heat in anus and penis, excessive menstrual discharge are the symptoms of apāna covered by pitta. In apāna covered by kapha, stool is passed as broken, associated with āma and kapha ( mucus ), and heavy and there is also appearance of kaphaja meha. [ 221-230 ]

लक्षणानां तु मिश्रत्वं पित्तस्य च कफस्य च ॥ २३१ ॥

उपलक्ष्य भिषविद्वान् मिश्रमावरणं वदेत् । यद्यस्य वायोर्निर्दिष्टं स्थानं तत्रेतरौ स्थितौ ॥ २३२ ॥

दोषौ बहुविधान् व्याधीन् दर्शयेतां यथानिजान् । आवृतं श्लेष्मपित्ताभ्यां प्राणं चोदानमेव च ॥ २३३ ॥

गरीयस्त्वेन पश्यन्ति भिषजः शाखचक्षुषः । विशेषाज्ञीवितं प्राणे उदाने संधितं बलम् ॥ २३४ ॥

स्यात्तयोः पीडनाद्वानिरायुषश्च बलस्य च । सर्वेऽप्येतेऽपरिक्षाताः परिसंवत्सरास्तथा ॥ २३५ ॥

उपेक्षणादसाध्याः स्युरथवा दुरुपकमाः ।

Observing the mixture of pitta and kapha the learned physician should decide the case as of mixed covering.

If the place defined for each type of vāta is inhabited by other two dosas ( pitta and kapha ), they exhibit various types of disorders as of own.

The learned physician take prāṇa and udāna covered by kapha and pitta as serious.

Particularly life is dependent on prāṇa and so is strength on udāna. Hence due to their affliction, there is loss of life and strength ( respectively ).

All of them if not diagnosed properly, continue for a year and neglected or managed improperly become incurable. [ 231-235 ]

हृदेगो विद्रधिः पूर्णिदा गुल्मोऽतीसार एव च ॥ २३६ ॥

भवन्त्युपद्रवास्तेषामावृतानामुपेक्षणात् । तस्मादावरणं वैद्यः पवनस्योपलक्षयेत् ॥ २३७ ॥

पञ्चात्मकस्य वातेन पित्तेन श्लेष्मणाऽपि वा । भिषग्निमतः सम्यगुपलक्ष्य समाचरेत् ॥ २३८ ॥

अनभिष्यन्दिभिः स्निग्धैः स्रोतसां शुद्धिकारकैः । कफपित्ताविरुद्धं यद्यच्च वातानुलोमनम् ॥ २३९ ॥

सर्वस्थानावृतेऽप्याशु तत् कार्यं मारते हितम् । यापना वस्तयः प्रायो मधुराः सानुवासनाः ॥ २४० ॥

प्रसमीक्ष्य बलाधिक्यं मृदु वा स्वं सनं हितम् । रसायनानां सर्वेषामुपयोगः प्रशस्यते ॥ २४१ ॥  
 शौलस्य जतुनोऽत्यर्थं पयसा गुणगुलोस्तथा । लेहं वा भार्गवप्रोक्तमस्यसेत् क्षीरभुङ्गनः ॥ २४२ ॥  
 अभयामलकीयोक्तमेकादशसिताशतम् । अपानेनावृते सर्वं दीपनं ग्राहि भेषजम् ॥ २४३ ॥  
 वातानुलोमनं यच्च पक्वाशयविशोधनम् । इति संक्षेपतः प्रोक्तमावृतानां चिकित्सितम् ॥ २४४ ॥  
 प्राणादीनां भिषक् कुर्याद्वितक्यं स्वयमेव तत् । पित्तावृते तु पित्तज्ञैर्मारुतस्याविरोधिभिः ॥ २४५ ॥

Due to neglect of covered vātas, cardiac disorder, abscess, spleen enlargement, gulma and diarrhoea appear as complications. Hence the physician should identify the covering of the five types of vāta by vāta, pitta or kapha and then prescribe the proper remedy for the same.

In case of vāta covered in all places one should administer immediately the carmination for vāta with unctuous substances which do not block the channels but are cleanser of them and are not antagonistic to kapha and pitta.

Sustaining enemas mostly sweet ones along with unctuous enema should be applied but if pronounced strength is observed mild purgative should be given.

In these cases, the use of all rasāyana formulations is commended such as the regular use of śilājatu or guggulu with milk.

Or the patient should use regularly the formulation delivered by Bhārgava ( cyavanaprāśa ) keeping on milk diet or the eleven formulations mentioned in the chapter on haritaki, āmalaki etc. ( ci-1.1 ) should be used with wholesome diet.

If there is covering by apāna, the entire remedy consists of appetising, astringent, carminative for wind and cleansing of bowels.

Thus the treatment of covered vātas prāṇa etc. is said in brief physician should apply them after thinking himself.

In covering by pitta one should apply remedies alleviating pitta which are not antagonistic to vāta. In that by kapha kapha-alleviating and wind-carminative remedies should be administered. [ 236-245 ]

लोके वाय्वर्कसोमानां दुर्विशेया यथा गतिः । तथा शरीरे वातस्य पित्तस्य च कफस्य च ॥ २४६ ॥

As in Universe the movement of air, sun and moon is difficult to be known so is that of vāta, pitta and kapha in the body. [ 246 ]

क्षयं वृद्धिं समत्वं च तथैवावरणं भिषक् । विश्वाय पवनादीनां न प्रमुखति कर्मसु ॥ २४७ ॥

Physician knowing diminution, aggravation, equilibrium and covering of vāta etc. does not get confused in therapeutic. [ 247 ]

तत्र श्लोकौ—

पञ्चात्मनः स्थानवशाच्छरीरे स्थानानि कर्माणि च देहधातोः ।  
प्रकोपहेतुः कुपितश्च रोगान् स्थानेषु यान्येषु वृतोऽवृतश्च ॥ २४८ ॥  
प्राणेश्वरः प्राणभूतां करोति क्रिया च तेषामस्तिला निरुक्ता ।  
तां देशसात्म्यर्तुवलान्वेक्ष्य प्रयोजयेच्छास्त्रमतानुसारी ॥ २४९ ॥

Now the summing up verses—

Locations and functions of vāyu which is of five types and which supports the body, vitiating causes, disorders produced by vāta, the lord of vital breath when vitiated, covered or uncovered, in different organs in living beings and their entire treatment has been said ( in this chapter ) which should be applied by the one following the views of the scripture after considering place, suitability, season and strength. [ 248-249 ]

इत्यग्निवेशकृते तन्त्रे चरकप्रतिसंस्कृतेऽप्राप्ते दृढवलसंपूरिते चिकित्सास्थाने  
वातव्याधिचिकित्सितं नामाष्टाचिंशोऽध्यायः ॥ २८ ॥

Thus ends the twenty eighth chapter on treatment of vātika disorders in Cikitsāsthāna in the treatise composed by Agniveśa, redacted by

Caraka and reconstructed by Dṛḍhabala

as it was not available. ( 28 )

### एकोनत्रिंशोऽध्यायः

#### CHAPTER XXIX

अथातो वातशोणितचिकित्सितं व्याख्यास्यामः ॥ १ ॥

Now ( I ) shall expound the chapter on treatment of vātaśoṇita. [ 1 ]

इति ह स्माह भगवान्वेयः ॥ २ ॥

As propounded by Lord Ātreya. [ 2 ]

हुताग्निहोत्रमासीनसृष्टिमध्ये      उन्नर्वसुम् । पृष्ठवान् गुरुमेकाग्रमग्निवेशोऽग्निवर्चसम् ॥ ३ ॥  
अग्निमारुततुल्यस्य      संसर्गस्यानिलासृजोः । हेतुलक्षणभैषज्यान्यथास्मै      गुरुब्रवीत् ॥ ४ ॥  
लवणाम्लकटुक्षारग्निग्रोष्णाजीर्णभोजनैः । क्लिनशुष्काम्बुजानूपमांसपिण्याकमूलकैः ॥ ५ ॥  
कुलत्थमाषनिष्पावशाकादिपललेक्षुभिः । दध्यारनालसौचीरशुक्तकसुरासवैः ॥ ६ ॥  
विरुद्धाध्यशनकोधदिवास्वप्रप्रजागरैः । प्रायशः      सुकुमाराणां      मिष्ठानसुखभोजिनाम् ॥ ७ ॥  
अचड्कमणशीलानां कुप्यते वातशोणितम् । अभिघातादशुद्ध्या      च प्रदुषे शोणिते नृणाम् ॥ ८ ॥

कषायकदुतिकाल्परुक्षाहारादभोजनात् । हयोष्ट्रयानयानाम्बुकीडाप्लवनलङ्घनैः ॥ ९ ॥  
 उच्छे चात्यध्वगमनाद्यवायादेगनिग्रहात् । वायुर्विवृद्धो वृद्धेन रक्तेनावारितः पथि ॥ १० ॥  
 कृत्स्नं संदूषयेद्रक्तं तज्ज्वेयं वातशोणितम् । खुडं वातबलासात्यमाद्यवातं च नामभिः ॥ ११ ॥

Agniveśa submitted to his teacher purnarvasu having brilliance like fire and concentration of mind and who, having finished his fire-worship, was seated amidst the sages. Thereafter the teacher told him about the etiology, symptoms and treatment of the combination of vāyu and rakta which is like that of fire and wind.

Due to intake of diet consisting of salty, sour, pungent, alkaline, fatty, hot and uncooked articles; moist or dried things, meat of aquatic and marshy animals, oil-cakes, radish, horse gram, black gram, niśpāva, other ( leguminous ) vegetables, sesamum paste, sugar cane, curd, sour gruel, sauvīra, śukta ( vinegars ), buttermilk, surā, āsava, incompatible food, eating during indigestion, anger, day-sleep, vigils mostly in delicate persons who eat delicious things at pleasure and are not in habit of walking vāta-rakta aggravates. Besides, due to injury and non-evacuation when blood is affected and the person indulges in food consisting of astringent, pungent, bitter, little and rough items; fasting, journey on carts carried by horses and camels, sporting in water, jumping, leaping; excessive travelling on foot in hot season, sexual intercourse and suppression of urges the aggravated vāta having been obstructed in its passage by aggravated blood affects the entire blood. This is known as vātaśonita having synonyms as khuḍa, vātabalāsa and āḍhyavāta. [ 3-11 ]

तस्य स्थानं करौ पादावङ्गल्यः सर्वसन्धयः । कृत्वा १२दौ इस्तपादे तु मूलं देहे विधावति ॥ १२ ॥  
 सौक्षम्यात् सर्वसरत्वाच्च पवनस्यासृजस्तथा । तत् द्रवत्वात् सरत्वाच्च देहं गच्छन् सिरायनैः ॥ १३ ॥  
 पर्वस्वभिहृतं शुब्धं वक्त्वादवतिष्ठुते । स्थितं पित्तादिसंसृष्टं तास्ताः सृजति वेदनाः ॥ १४ ॥  
 करोति दुःखं तेष्वेव तस्मात् प्रायेण सन्धिषु । भवन्ति वेदनास्तास्ता अत्यर्थं दुःसद्वा नृणाम् ॥ १५ ॥

Its seat is hands, feet, fingers and all joints. At first it confirms its root in hands and feet and then spreads over the body.

Due to subtleness and pervasiveness of vāyu and liquidity and flowingness of blood it circulates all over the body through blood vessels. Being obstructed in joints due to zigzag way it gets located there with agitation and in combination with pitta etc. causes respective afflictions. Hence it produces pain mostly in those very joints and as such patient suffers from respective pain very difficult to tolerate. [ 12-15 ]

स्वेदोऽत्यर्थं न वा काण्यं स्पर्शाङ्गत्वं क्षतेऽतिरुक् । सन्धिशैथिल्यमालस्यं सदनं पिडकोद्धमः ॥ १६ ॥  
 जानुजङ्गोरुकट्टयं सहस्तपादाङ्गसन्धिषु । निस्तोदः स्फुरणं भेदो गुरुत्वं सुतिरेव च ॥ १७ ॥

कण्डूः संधिषु रुग्भूत्वा भूत्वा नश्यति चासकृत् । वैवर्णं मण्डलोतपत्तिर्वातास्त्रक्पूर्वलक्षणम् ॥ १८ ॥

Excess or absence of perspiration, blackness, anaesthesia, severe pain on injury, laxity in joints, lassitude, malaise, appearance of boils, piercing pain, quivering, tearing, heaviness, numbness and itching in knee, shanks, thigh, waist, shoulder, hands, feet and joints of body; unstable pain in joints, abnormal complexion and appearance of patches—these are the prodromal symptoms of vātarakta. [ 16-18 ]

उत्तानमथ गम्भीरं द्विविधं तत् प्रचक्षते । त्वङ्गांसाश्रयमुक्तानं गम्भीरं त्वन्तराश्रयम् ॥ १९ ॥  
 कण्डूदाहरुगायामतोदस्फुरणकुञ्जनैः । अन्विता इयावरका त्वग्वाहो ताम्रा तथेष्यते ॥ २० ॥  
 गम्भीरे श्वयथुः स्तब्धः कठिनोऽन्तर्भूशार्तिमान् । इयावस्ताम्रोऽथवा दाहतोदस्फुरणपाकवान् ॥ २१ ॥  
 रुग्मिवदाहान्वितोऽभीक्षणं वायुः सन्ध्यस्थिमज्जसु । छिन्दनिव चरत्यन्तर्वक्तीकुर्वन्थ वेगवान् ॥ २२ ॥  
 करोति खड्गं पङ्कुं वा शरीरे सर्वतश्चरन् । सर्वैर्लिङ्गैश्च विज्ञेयं वातास्त्रगुभयाश्रयम् ॥ २३ ॥

This is said as of two types—superficial and deep. The former is located in twak and māṃsa while the latter in deeper dhātus.

In external ( superficial ) type the skin is blackish, red or coppery and is associated with itching, burning sensation, pain, stretching, piercing pain, quivering and contraction.

In deep type, there is swelling, stiff and hard, with severe pain inside, blackish or coppery, having burning sensation, piercing pain, quivering and inflammation, associated with distress and burning in stomach. Vāyu moves with force frequently in joints, bones and marrow as if cutting and making them crooked produces limping or lameness while moving all over the body. If all the above symptoms are found vātarakta should be known as located in both ( superficial as well as deep ). [ 19-23 ]

तत्र वातेऽधिके वा स्याद्रक्ते पित्ते कफेऽपि वा । संसृष्टेषु समस्तेषु यच्च तच्छृणु लक्षणम् ॥ २४ ॥  
 विशेषतः सिरायामशूलस्फुरणतोदनम् । शोथस्य काष्ठण्यं रौक्ष्यं च इयावतावृद्धिहानयः ॥ २५ ॥  
 धमन्यङ्गुलिसन्धीनां सङ्कोचोऽङ्गग्रहोऽतिरुक् । कुञ्जनस्तम्भने शीतप्रदेषश्चानिलेऽधिके ॥ २६ ॥  
 श्वयथुर्भूशार्क् तोदस्ताम्रश्चिमिचिमायते । छिन्धरुक्षैः शमं नैति कण्डूकेदान्वितोऽसृजि ॥ २७ ॥  
 विदाहो वेदना मूर्च्छा स्वेदस्तृष्णा मदो भ्रमः । रागः पाकश्च भेदश्च शोषश्चोक्तानि पैत्तिके ॥ २८ ॥  
 स्तैर्मित्यं गौरवं खोहः सुसिर्मन्दा च रुक् कफे । हेतुलक्षणसंसर्गाद्विद्याद्वन्द्वन्द्विदोषजम् ॥ २९ ॥

Now listen about the symptoms which are found in predominance of vāta, rakta, pitta or kapha, or in combination of two or three dosas.

Particularly dilatation of vessels, pain, quivering and piercing pain, blackness, roughness, blackishness, aggravation and diminution, contraction in dhamanis ( arteries ), fingers and joints, stiffness in body parts, intense pain, contracture and stiffness, aversion to cold—these symptoms are in predominance of vāta.

In preponinace of rakta, there is swelling with severe distress and piercing pain, coppering, with pricking sensation, not subsiding by either unctuous or rough applications and associated with itching and moistening.

In paitika type there are burning after meals, pain, fainting, sweating, thirst, narcosis, giddiness, redness, inflammation, tearing and dryness.

In ( predominance of ) kapha there are feeling of wetness, heaviness, unctuousness, numbness and mild pain.

That caused by combinations of two or three dosas should be known by combined etiology and symptoms. [ 24-29 ]

एकदोषानुगं साध्यं नवं, याप्यं द्विदोषजम् । त्रिदोषजमसाध्यं स्याद्यस्य च स्युरुपद्रवाः ॥ ३० ॥

अस्वप्नारोचकश्वासमांसकोथशिरोग्रहाः । मूर्च्छायमदरुक्तृष्णाज्वरमोहग्रवेपकाः ॥ ३१ ॥

हिक्कापाहुल्यवीसर्पणकतोदध्रमकूमाः । अङ्गुलीवकता स्फोटा दाहर्मग्रहाबुद्धाः ॥ ३२ ॥

एतैरुपद्रवैवर्जयं मोहनैकेन वाऽपि यत् । संप्रस्तावि विवर्णं च स्तब्धर्मवृद्धक्षयत् ॥ ३३ ॥

वर्जयेच्चैव संकोचकरमिन्द्रियतापनम् । अकृत्स्नोपद्रवं याप्यं साध्यं स्यान्निरुपद्रवम् ॥ ३४ ॥

The disease which is new and caused by one dosha is curable, that caused by two dosas is maintainable and the one caused by three dosas as well as with complications is incurable.

Sleeplessness, anorexia, dyspnœa, gangrene, stiffness in head, fainting, narcosis, distress, thirst, fever, mental confusion, trembling, hiccup, lameness, erysipelas, inflammation, piercing pain, giddiness, exhaustion, crookedness in fingers, blisters, burning sensation, stiffness in vital parts, tumours—these are the complications which make the disease as incurable or even one complication, mental confusion, is enough for the same.

The disease should be rejected which is discharging profusely, with deranged colour, stiff, causing growths, contractures and damage to senses.

The one having less than all symptoms is maintainable while that which is free from complications is curable. [ 30-34 ]

रक्तमार्गं विहत्याशु शाखासन्धिषु मारुतः । निविद्यान्योन्यमावार्य वेदनभिर्हेरेदसून् ॥ ३५ ॥

तत्र मुञ्चेदसूक् शृङ्गजलौकः सूच्यलावुभिः । प्रच्छन्नैर्वा सिराभिर्वा यथादोषं यथाबलम् ॥ ३६ ॥

रुदाहतोदरागातादसूक् स्नायं जलौकसा । शृङ्गस्तुम्बैर्हरेत् सुतिकण्ठचिमिचिमायनात् ॥ ३७ ॥

देशादेशं व्रजत् स्नायं सिराभिः प्रच्छन्नैन वा । अङ्गगलानौ न तु स्नायं रुक्षे वातोन्तरे च यत् ॥ ३८ ॥

गम्भीरं श्वयथुं स्तम्भं कम्पं स्नायुसिरामयान् । ग्लानिं चापि ससङ्कोचां कुर्याद्वायुरसूक्ष्यात् ॥ ३९ ॥

खाञ्चयादीन् वातरोगांश्च मृत्युं चान्यवसेचनात् । कुर्यात्स्मात् प्रमाणेन खिर्गधाद्रक्तं विनिर्हरेत् ॥ ४० ॥

Vāyu having obstructed the passage of blood, enters into the joints of extremities and covering mutually takes away life with pain.

In such case blood should be let out with horn, leech, needle, bottle-gourd, sacrifrying or venesection according to morbidity and strength.

Blood should be taken out with leech from one suffering from distress, burning sensation, piercing pain and redness. One should take out blood from the patient having numbness, itching and prickly sensation with horns or bottlegourds. If the disorder is shifting from place to place, it should be eliminated by venesection or scarifying.

In case the part is reduced and the patient is rough and with predominance of vāta, blood should not be let out.

Due to loss of blood, vāyu produces deep swelling, stiffness, trembling, disorders of ligaments and vessels, malaise and contractures. If blood is let out excessively, vātika disorders such as limping etc. and death may occur. Hence one should eliminate blood in proper quantity from the patient who is properly uncted. [ 35-40 ]

विरेच्यः खोहयित्वाऽऽदौ खोहयुक्तैर्विरेचनैः । रुक्षैर्वा मृदुभिः शस्तमसकुद्रस्तिकर्म च ॥ ४१ ॥  
सेकाभ्यङ्गप्रदेहान्वलेहाः प्रायोऽविदाहिनः । वातरके प्रशस्यन्ते

At first the patient should be purgated after unction with unctuous or rough mild purgatives. Frequent application of enema should also be done. Besides, sprinkling, massage, ointment, tood and uncting substance which do not cause burning are recommended. [ 41 ]

विशेषं तु निबोध मे ॥ ४२ ॥

वाह्यमालेपनाभ्यङ्गपरिषेकोपनाहनैः । विरेकास्थापनस्तेहपानैर्गम्भीरमाचरेत् ॥ ४३ ॥  
लपिंस्तैलवसामज्जपानाभ्यञ्जनवटितभिः । सुखोष्णैरुपनाहैश्च वातोत्तरमुपाचरेत् ॥ ४४ ॥  
विरेचनैर्वृतक्षीरपानैः सेकैः सबस्तिभिः । शीतैर्निर्वापणैश्चापि रक्पित्तोत्तरं जयेत् ॥ ४५ ॥  
घमनं मृदु नात्यर्थं खोहसेकौ विलङ्घनम् । कोष्णा लेपाश्च शस्यन्ते वातरके कफोत्तरे ॥ ४६ ॥  
कफवातोत्तरे शीतैः प्रलिते वातशोणिते । दाहशोथरुजाकण्ठविवृद्धिः स्तम्भनाद्वयेत् ॥ ४७ ॥  
रक्पित्तोत्तरे चोष्णैर्दाहः क्लेदोऽवदारणम् । भवेत्समाद्विषगदोषबलं बुद्ध्वा ऽचरेत्कियाम् ॥ ४८ ॥

Now listen the specific remedies. The external type should be treated with pastes, massage, sprinkling and poultice while the deep one with purgation, non-unctuous enema and intake of uncting substance.

One should overcome the disease predominant in vāta with intake of ghee oil, fat and marrow; massage, enema and comfortable hot poultices.

One should overcome the disorder predominant in rakta pitta with purgatives, intake of ghee and milk, sprinkling, enema, cold refrigerents.

In vātarakta predominant in kapha, mild emesis, unexcessive unctuous application and sprinkling and warm pastes are useful.

In vātarakta predominant in kapha and vāta, if cold pastes are applied burning sensation, swelling, pain and itching aggravate due to checking. Likewise, in that predominant in raktapitta burning sensation, moistening and tearing occur if hot things are applied. Hence the physician should apply measures after considering the strength of morbidity. [ 42-48 ]

दिवास्वप्नं ससंतापं व्यायामं मैथुनं तथा । कटूणं गुर्वभायन्दि लवणाम्लं च वर्जयेत् ॥ ४२ ॥  
 पुराणा यवगोधूमनीवारा: शालिपष्टिकाः । भोजनार्थं रसार्थं वा विक्रियतुदा हिताः ॥ ५० ॥  
 आढक्यश्वणका मुद्दा मसूरा: समकुष्टकाः । यूपार्थं वहुसर्पिष्टकाः प्रशस्ता वातशोणिते ॥ ५१ ॥  
 सुनियष्णकवेत्रायकाकमाचीशनावरीः । वास्तुकोपोदिकाशाकं शाकं सौवर्चलं तथा ॥ ५२ ॥  
 घृतमांसरसैभृष्टं शाकसात्म्याय दापयेत् । व्यञ्जनार्थं, तथा गव्यं महिपाजं पयो हितम् ॥ ५३ ॥  
 इति संक्षेपतः प्रोक्तं वातरक्तचिकित्सितम् । एतदेव पुतः सर्वं व्यासतः संप्रवक्ष्यते ॥ ५४ ॥

The patient should abstain from day sleep, exposure to heat, physical exertion, coitus, eating of pungent, hot, heavy, channel-blocking, salty and sour things.

For food, old cereals of barley, wheat, nīvāra, śāli and ṣaṣṭika rice and for meat soup gallinaceous and pecking birds are wholesome. In vātarakta, soups of pigeon pea, bengal gram, lentils and makuṣṭhaka added with plenty of ghee are commended. Those who are suited to vegetables should be given the vegetables of suniṣaṇṭaka, tip of vетra, kākamācī, śatāvarī, vāstuka, upodikā and suvarcalā fried with ghee and meatsoup in milk, cow's, buffalow's and goat's milk is beneficial.

Thus treatment of vātarakta is said briefly. The same will be said again entirely with details. [ 49-54 ]

श्रावणीक्षीरकाकोलीजीवकर्पंभकैः समैः । सिद्धं समधुकैः सर्पिः सक्षीरं वातरक्तनुत् ॥ ५५ ॥  
 बलामतिबलां मेदामात्मगुतां शतावरीम् । काकोलीं क्षीरकाकोलीं राज्ञामृद्धिं च पेषयेत् ॥ ५६ ॥  
 घृतं चतुर्गुणक्षीरं तैः सिद्धं वातरक्तनुत् । हृत्पाण्डुरोगवीसर्पकामलाज्वरनाशनम् ॥ ५७ ॥  
 त्रायन्तिका तामलकी द्रिकाकोली शतावरी । करेरुकाकपायेण कलकैरेभिः पचेद्घृतम् ॥ ५८ ॥  
 दत्त्वा परूषकद्राक्षकाद्मर्येश्वरसान् समान् । पृथग्विदार्याः स्वरसं तथा क्षीरं चतुर्गुणम् ॥ ५९ ॥  
 पतत् प्रायोगिकं सर्पिः पारूषकमिति स्मृतम् । वातरक्ते क्षते क्षीणे वीसर्पे पैत्तिके ज्वरे ॥ ६० ॥  
 इति पारूषकं घृतम् ।

Ghee cooked with equal quantity of śrāvaṇī, kṣirakākoli, jivaka, ḥśabhaka and madhuka along with milk alleviates vātarakta.

One should pound balā, atibalā, medā, kapikacchu, śatāvarī, kākoli, ksirakākoli, rāsnā and ḛddhi. with this paste and four times milk ghee should be cooked. It alleviates vātarakta and also cardiac disorders, anaemia, erysipelas, jaundice and fever.

Ghee should be cooked with the paste of trāyamāṇā, tāmalaki, kākoli, ksirakākoli, śatāvarī and kaśeruka and also decoction of the same drugs adding thereto the juices of paruṣaka, drākṣā, kāśmarya, sugar cane and vidāri in equal quantity and milk four times. This useful ghee is known as 'Paruṣaka ghṛta' efficacious in vātarakta, wasting due to [chest] wound, erysipelas and paitika fever. [ 55-60 ]

( Thus Paruṣaka ghṛta ).

द्रे पञ्चमूले वर्षाभूमेरण्डं सपुनर्नवम् । मुदगपणीं महामेदां मापणीं शतावरीम् ॥ ६१ ॥  
 शङ्खपुष्पीमवाक्पुष्पीं रास्तामतिवलां बलाम् । पृथग्निद्रपलिकं कृत्वा जलद्रोणे विपाचयेत् ॥ ६२ ॥  
 पादशेये समानं क्षीरधात्रीशुच्छागलान् रसान् । घृताढकेन संयोज्य शनैर्मृद्ग्निना पचेत् ॥ ६३ ॥  
 कल्कानावाप्य मेदे द्रे काशमर्यफलमुत्पलम् । त्वक्क्षीरीं पिप्पलीं द्राक्षां पद्मबीजं पुनर्नवाम् ॥ ६४ ॥  
 नागरं क्षीरकाकोलों पद्मकं वृहतीद्रयम् । वीरां शृङ्गाटकं भव्यमुरुमाणं निकोचकम् ॥ ६५ ॥  
 खर्जूं राश्तोटवातामनुआताभियुक्तांस्थथा । एतैर्घृताढके सिद्धे क्षौद्रं शीते प्रदापयेत् ॥ ६६ ॥  
 सम्यक् सिद्धं च विश्वाय सुगुतं संनिधापयेत् । कृतरक्षाविधि चौक्षे प्राशयेदक्षसंमितम् ॥ ६७ ॥  
 पाण्डुरोगं ज्वरं हिकां स्वरभेदं भग्नदरम् । पार्वशूलं क्षयं कासं प्लीहानं वातशोणितम् ॥ ६८ ॥  
 क्षतशोषमपस्मारमश्मरीं शर्करां तथा । सर्वाङ्गैकाङ्गरोगांश्च मूत्रमङ्गं च नाशयेत् ॥ ६९ ॥  
 बलवर्णकरं धन्यं वलीपलितनाशनम् । जीवनीयमिदं सर्पिर्वर्ष्यं वन्ध्यासुतप्रदम् ॥ ७० ॥  
 इति जीवनीयघृतम् ।

Two pañcamūlas ( daśamūla ), varṣabhū, eraṇḍa, punarnavā, mūḍgaparnī, mahāmedā, māṣaparnī, śatāvarī, śāṅkhaphuṣpi, adhahpuṣpi, rāsnā, atibalā and balā—each 80 gm. should be boiled in water 10.24 litres reduced to one-fourth. Now milk, juice of āmalaka and sugarcane, soup of goat's flesh should be added thereto along with ghee 2.56 kg. and the whole thing should be cooked on mild fire added with the paste of the following drugs—medā, mahāmedā, kāśmarya fruits, utpala, twakkṣīri, pippalī, drākṣā, lotus seeds, punarnavā, śuṇṭhī, ksirakākoli, padmaka, bṛhatī, kanṭakārī, vīrā, śringātaka, bhavya, urumāṇa, nikocaka, kharjūra, akṣoṭa, vātāma, muñjāta and abhiṣuka. When ghee is prepared and cooked, honey should be added thereto and the preparation should be stored well-protected in a clean container after observing the prescribed ritual for protection. The dose of 10 gm. should be administered. This 'jīvanīya ghṛta' alleviates anaemia, fever, hiccup, hoarseness of voice, fistula-in-ano, pain in sides, wasting, cough, spleen enlargement, vātarakta, consumption due to chest-wound, epilepsy, calculus, gravels, vātika disorders generalized or localised and retention of urine. It promotes strength,

complexion, auspiciousness, removes wrinkles and greying of hairs, is aphrodisic and provides progeny even to a sterile woman. [ 61-70 ]

( Thus Jivaniya ghṛta ).

द्राक्षामधुकतोयाभ्यां सिद्धं वा ससितोपलम् । पिवेद्वृतं तथा क्षीरं गुड्चीस्वरसे शृतम् ॥ ७१ ॥  
जीवकर्षभकौ मेदा क्रष्णप्रोक्ता शतावरी । मधुकं मधुपर्णीं च काकोलीद्रियमेव च ॥ ७२ ॥  
मुद्रमायाख्यपर्णिन्यौ दशमूलं पुनर्नवा । बलामूता विदारी च साश्वगन्धाइमभेदकः ॥ ७३ ॥  
एषां कषायकल्काभ्यां सर्पिस्तैलं च साधयेत् । लाभतश्च वसामज्जं धान्वप्रातुद्वैष्टिकरम् ॥ ७४ ॥  
चनुर्गुणेन पयसा तत् सिद्धं वातशोणितम् । सर्वदेहाथितं हन्ति व्याधीन् घोरांश्च वातजान् ॥ ७५ ॥

One should take ghee cooked with decoction of drākṣā and madhuka along with sugar candy or with milk and juice of guḍūci.

Jivaka, ṛśabhaka, medā, ṛśyaproktā, śatāvarī, madhuka, madhuparṇī, kākoli, kṣirakākoli, mudgaparṇī, māśaparṇī, daśamūla, punarnavā, balā, amṛtā, vidārī, aśwagandhā, pāṣāṇabhedā—with decoction and paste of these drugs ghee and oil and if available fat and marrow of wild, pecking and gallinaceous birds should be cooked along with four times milk. This, when prepared, alleviates vātarakta and severe vātika disorders pertaining to the entire body. [ 71-75 ]

स्थिरा श्वदप्ता वृहतां सारिवा सशतावरी । काइमर्याण्यात्मगुता च क्षीरीरो द्वे वले तथा ॥ ७६ ॥  
एषां काये चतुःक्षीरं पृथक् तैलं पृथग्वृतम् । मेदाशतावरीयप्रिजीवन्तीजीवकर्षमैः ॥ ७७ ॥  
पञ्चवा मात्रा ततः क्षीरत्रिगुणाऽध्यर्धशर्करा । खजेन मथिता पेया वातरक्ते त्रिदोषजे ॥ ७८ ॥  
तैलं पयः शर्करां च पाययेद्वा सुमूर्च्छितम् । सर्पिस्तैलसिताक्षीद्रैर्मिथं वाऽपि पिवेत् पयः ॥ ७९ ॥  
अंशुमत्या शृतः प्रस्थः पयसो द्विसितोपलः । पाने प्रशस्थते तदत पिप्पलोनागरैः शृतः ॥ ८० ॥  
बलाशतावरीरास्तादशमूलैः सपीलुभिः । श्यामैरण्डस्थिराभिश्च वातर्तिष्ठं शृतं पयः ॥ ८१ ॥  
धारोणं मूत्रयुक्तं वा क्षीरं दोषानुलोमनम् । पिवेद्वा सत्रिवृचूर्णं पित्तरक्तावृतानिलः ॥ ८२ ॥  
क्षीरेणरण्डतैलं वा प्रयोगेण पिवेन्नरः । वहुदोषो विरेकार्थं जीर्णं क्षीरौदनाशनः ॥ ८३ ॥  
कषायमभयानां वा घुतभृष्टं पिवेन्नरः । क्षीरानुपानं त्रिवृताचूर्णं द्राक्षारसेन वा ॥ ८४ ॥  
काइमर्यं त्रिवृतं द्राक्षां त्रिफलां सपरुषकाम् । शृतं पिवेद्विरेकाय लवणक्षीद्रसंयुतम् ॥ ८५ ॥  
त्रिफलायाः कषायं वा पिवेत् क्षीद्रेण संयुतम् । धात्रीहरिद्रामुस्तानां कषायं वा कफाधिकः ॥ ८६ ॥  
योगैश्च कल्पविहृतैरसकृतं विरेचयेत् । मृदुभिः स्नेहसंयुक्तैर्जीवत्वा वातं मलावृतम् ॥ ८७ ॥

Oil and ghee should be cooked separately with decoction of śālaparṇī, gokṣura, bṛhatī, sārivā, kāśmarya fruits, kapikacchu, vṛścīra, balā and atibalā with four times milk and paste of medā, śatāvarī, madhuyaṣṭī, jīvantī, jīvaka and ṛśabhaka. Taking adequate dose from it should be mixed in three times milk and one and half times sugar and the whole thing should be churned with a stick. This should be taken in vātarakta caused by three dosas. In the same way, oil, milk and sugar mixed together should be taken or milk mixed with ghee, oil, sugar and honey should be taken.

Milk 640 ml. boiled with śālaparṇī and added with 80 gm. sugar is recommended for drink. Likewise, that boiled with pippalī and śunṭhī is useful.

Milk boiled with balā, śatāvarī, rāsnā, daśamūla, pilu, śyāmā, eraṇḍa and śālaparṇī alleviates vātika disorders.

The patient suffering from vāta covered with pitta and rakta should take warm fresh milk mixed with either cow's urine or powder of trivṛt which eliminates the impurity.

One having much impurity should take castor oil with milk for purgation regularly and after digestion should take diet of milk and rice.

Or one should take decoction of harītakī fried with ghee or powder of trivṛt with milk or grape juice.

The decoction of kāśmarya fruit, trivṛt, drākṣā, triphalā and paruṣaka added with salt and honey should be taken for purgation.

If there is predominance of kapha, one should take decoction of triphalā or āmalakī, haridrā and musta added with honey.

In case vāta is covered with faeces, the patient should be purgated frequently with formulations mentioned in kalpasthāna which should be mild and added with some uncting substance. [ 76-87 ]

निर्वर्देद्वा मलं तस्य सघृतैः क्षीरवस्तिभिः । न हि वस्तिसमं किंचिद्वातरकचिकित्सितम् ॥ ८८ ॥  
 वस्तिवंक्षणप्रारूपर्वास्थिजठरातिषु । उदावर्ते च शस्यन्ते निरुद्धाः सानुवासनाः ॥ ८९ ॥  
 दद्यात्तेलानि चेमानि वस्तिकर्मणि बुद्धिमान् । नस्याभ्यञ्जनसेकेषु दाहशूलोपशान्तये ॥ ९० ॥  
 मधुपण्यास्तुलायास्तु कषाये पादरोषिते । तैलाढकं समक्षीरं पचेत् कल्कैः पलोन्मितैः ॥ ९१ ॥  
 शतपुष्पावरीमूर्वीपयस्यागुरुचन्दनैः । स्थिराहंसपदीमांसीद्विमेदामधुपर्णिभिः ॥ ९२ ॥  
 काकोलीक्षीरकाकोलीतामलक्युद्दिपद्मकैः । जीवकर्षभजीवन्तीत्वकैपत्रनखवालकैः ॥ ९३ ॥  
 ग्रपौण्डरीकमञ्जिष्ठासारिवैन्द्रीविनुब्रकैः । चतुष्प्रयोगात्तद्विति तैलं माश्वतशोणितम् ॥ ९४ ॥  
 सोपद्रवं साङ्घशूलं सर्वगत्रानुगं तथा । वातास्त्रकृपित्तदाहार्तिजवरधनं बलवर्णकृत् ॥ ९५ ॥  
 इति मधुपण्यादैलम् ।

Or his excrements should be eliminated by administering milk enemas mixed with ghee. There is no treatment of vātarakta equal to enema.

Non-unctuous and unctuous enemas are commended in case of pain in pelvis, groin, sides, thighs, joints, bones and abdomen and of udāvarta.

The wise physician should administer the following oils as enema and also as snuff, massage and sprinkling for pacification of burning sensation and pain.

Madhuparṇī (madhuka) 4 kg. should be decocted in water reduced to one-fourth. Now with this decoction oil 2.56 kg. should be cooked with equal quantity of milk and the paste of the following drugs each 40gm.—śatapuṣṭī, śatāvari, mūrvā, payasyā, aguru, candana, śālaparṇī, haṁsapadī, māṁsi, medā, mahāmedā, madhuparṇī, kākoli kṣirakākoli, tāmalakī, ṛddhi, padmaka, jivaka, ḥashabha, jīvantī, twak, patra, nakha, bālaka, prapaṇḍarīka, mañjiṣṭhā, sāriyā, aindri and vitunnaka. This oil used in four ways (intake, massage, snuff and enema) alleviates vātarakta associated with complications, pain in body and involving whole body. It destroys vāta rakta, pitta, burning sensation, distress and fever and promotes strength and complexion. [ 88–95 ]

( Thus Madhuparṇyādi taila ).

मधुकस्य शतं द्राक्षा खर्जूराणि परुषकम् । मधुकोदनपात्रौ च प्रस्थं मुञ्जातकन्तथा ॥ ९६ ॥  
काश्मर्याढकमित्येतच्चतुद्रोणे पचेदपाम् । शेषेऽप्यमांगं पूते च तम्भम्नैलाढकं पचेत् ॥ ९७ ॥  
तथा १२५ मलककाश्मर्यविदारीशुरसैः समैः । चतुद्रोणेन पयसा कल्कं दत्त्वा पलोन्मिनम् ॥ ९८ ॥  
कदम्बामलकाश्मोटपश्चवीजकशेरुकम् । शृङ्गाटकं शृङ्गवेरं लघवं पिष्पलौं सिनाम् ॥ ९९ ॥  
जीवनीयैश्च संसिद्धं क्षौद्रप्रस्थेन संसृजेत् । नस्याभ्यञ्जनपानेषु वस्तौ चापि नियोजयेत् ॥ १०० ॥

वातश्याधिषु सर्वं यु मन्यास्तम्भे हरुयहे ।

सर्वाङ्गैकाङ्गवाते च क्षतक्षीणे क्षतज्वरे ॥ १०१ ॥

सुकुमारकमित्येतद्वाताघ्नामयनाशनम् । स्वरवर्णकरं तैलमारोग्यवल्पुष्टिदम् ॥ १०२ ॥

इति सुकुमारकतैलम् ।

गुड्हचीं मधुकं हस्तं पञ्चमूलं पुनर्नवाम् । राम्भामेरण्डमूलं च जीवनीयानि लाभतः ॥ १०३ ॥  
पलानां शतकैर्भाग्यवलापञ्चशतं तथा । कोलविलवयवान्माषान्कुलत्थांश्चाढकोन्मितान् ॥ १०४ ॥  
काश्मर्याणां सुशुष्काणां द्रोणं द्रोणशतेऽप्यमसि । साध्येज्जरं धौतं चतुद्रोणं च शेषयेत् ॥ १०५ ॥  
तैलद्रोणं पचेत्तेन दत्त्वा पञ्चगुणं पयः । पिद्वा त्रिपलिकं चैव चन्दनोशीरकेशरम् ॥ १०६ ॥  
पत्रैलागुरुकृष्णनि तगरं मधुयष्टिकाम् । मञ्जिष्ठापृष्ठलं चैव तत् सिद्धं सर्वायैगिकम् ॥ १०७ ॥  
वातरके क्षतक्षीणे भारातं क्षीणरंतसि । वेपनाक्षेपभग्नानां सर्वाङ्गैकाङ्गरोगिणाम् ॥ १०८ ॥  
योनिदोषमपस्मारमुन्मादं खञ्जपङ्कुताम् । हन्यात् प्रसवनं चैतत्तैलाग्न्यमसृताद्यम् ॥ १०९ ॥

इत्यमृतायं तैलम् ।

Madhuka 4 kg., drākṣī, kharjūra, paruṣaka, madhūka, odanapākī and muñjātaka each 640 gm., kāśmarya fruits 2.56 kg.—all these should be boiled in water 40.96 litres reduced to one-eighth. This should be filtered and with this oil 2.56 kg. should be cooked added with equal quantity of the juices of āmalaka, kāśmarya, vidārī and sugarcane and 40.96 litres of milk and the paste of the following drugs 40 gm. each—kadamba, āmalaka, akṣoṭa, lotus seeds, kaśeruka, śringāṭaka, śunṭhī, lavaṇa, pippali, śarkarā, and vitaliser drugs. When it is prepared honey 640 gm. should be added thereto. This should be applied as snuff,

massage, intake and enema in all vātika disorders, stiffness of neck, lockjaw, vāta generalised or localised, wasting and fever due to chest wound. This 'Sukumāraka taila' alleviates vātarakta, promotes voice and complexion and provides health, strength and corpulence.

( Thus Sukumāraka taila ).

Guḍūcī, madhuka, laghu pañcamūla, punarnavā, rāsnā, eraṇḍa root and vitaliser drugs whichever available each 4 kg., balā 20 kg. kola, bilva, barley, black gram and horse gram each 2.56 kg. and kāśamarya fruits well dried 10.24 kg. well crushed and washed should be boiled in water 1024 litres reduced to 40.96 litres. with this decoction oil 10.24 litres should be cooked added with five times milk and the paste of candana, uśira, nāgakeśara, patra, ela, aguru, kuṣṭha, tagara and madhuyaṣṭī each 120 gm. and mañjiṣṭhā 320 gm. this oil when prepared is useful in all ways in vātarakta, wasting due to chest wound, affliction by overload, deficiency of semen, trembling, convulsions, fractures and diseases generalised or localised. This known as 'Amṛtā' is the best among oil and alleviates diseases of female genital track, epilepsy, insanity, limping and lameness and makes delivery of foetus easy. [ 96-109 ]

( Thus Amṛtādy taila ).

पद्मवेतसयष्ट्याद्वफेनिलापद्मकोत्पलैः । पृथकपञ्चपलैर्दर्भवलाचन्दनकिञ्चुकैः ॥ ११० ॥  
जले श्रुतैः पचेत्तलप्रस्थं सौवीरसंमितम् । लोध्रकालीयकोशीरजीवकर्षभकेशरैः ॥ १११ ॥  
मदयन्तीलतापत्रपद्मकेशरपद्मकैः । प्रपौण्डरीककाश्मर्यमांसोमेदाग्रियहृष्मिः ॥ ११२ ॥  
कुङ्कुमस्य पलार्घेन मञ्जिष्ठायाः पलेन च । महापद्ममिदं तैलं वातासृग्जवरनाशनम् ॥ ११३ ॥  
इति महापद्मं तैलम् ।

Padma ( padmaka ), vetasa, madhuyaṣṭī, phenilā, kamala, utpala, darbha, balā, candana and kiṁśuka each 200 gm. should be decocted in water. With this decoction oil 6.40 gm. should be cooked with equal quantity of sauvīra ( a type of viregar ) with the paste of lodhra, kāliyaka, uśira, jivaka, ṛshabhaka, nāgakeśara, padmaka, prapauṇḍarīka, kāśmarya, māṃsi, medā, priyaṅgu and kuṇḍkuma 20 gm. and mañjiṣṭhā 40 gm. This 'Mahāpadma(ka) taila' alleviates vātarakta and fever. [ 110-113 ]

( Thus Mahāpadma(ka) taila ).

पद्मकोशीरयष्ट्याद्वरजनीकाथसाधितम् । स्यात् पिष्टैः सर्जमञ्जिष्ठावीराकाकोलीचन्दनैः ॥ ११४ ॥  
खुडाकपद्मकमिदं तैलं वातासृग्जवराद्वाहनुत् ।

इति खुडाकपद्मकं तैलम् ।

Oil prepared with the decoction of padmaka, uśira, madhuyaṣṭī and haridrā along with the paste of sarja, mañjiṣṭhā, vīrā, kākoli and candana. This 'khuddāka padmaka taila' alleviates vātarakta and burning sensation. [ 114 ]

( Thus Khuddāka padmaka taila )

शतेन यष्टिमधुकात् साध्यं दशगुणं पयः ॥ ११५ ॥

तस्मिस्तैले चतुद्रोणे मधुकस्य पलेन तु । सिद्धं मधुककाशमर्यरसैर्वा वातरक्तनुत् ॥ ११६ ॥

मधुपर्ण्याः पलं पिष्ठा तैलप्रस्थं चतुर्गुणे । क्षीरे साध्यं शतं कृत्वा तदेवं मधुकाच्छते ॥ ११७ ॥

सिद्धं देयं त्रिदोषे स्याद्रातास्त्रे श्वासकासनुत् । हृतपाण्डुरोगवीसर्पकामलादाहनाशनम् ॥ ११८ ॥

इति शतपाकं मधुकतैलम् ।

Madhuyaṣṭī 4 kg. should be boiled with ten times milk ( reduced to one fourth ), with this, oil 40.96 kg. should be cooked with the paste of madhuka 40 gm. or with the juice of madhuka and kāśmarya. It alleviates vātarakta.

Oil 640 gm. should be cooked with the paste of madhuparnī ( madhuka ) 40 gm. in four times milk. This should be repeated hundred times. Thus it is processed with 100 pala ( 4 kg. ) of madhuka. It should be used in vātarakta caused by three dosas. Besides, it alleviates dyspnoea, cough, cardiac disorders, anaemia, erysepilas, jaundice and burning sensation. [ 115-118 ]

( Thus Madhuka taila cooked hundred times ).

बलाकषयकल्काम्यां तैलं क्षीरसमं पचेत् । सहस्रं शतवारं वा वातासुग्वातरोगनुत् ॥ ११९ ॥

रसायनमिदं श्रेष्ठमिन्द्रियाणां प्रसादनम् । जीवनं वृद्धं स्वर्यं शुक्रासुग्वोषनाशनम् ॥ १२० ॥

इति सहस्रपाकं शतपाकं वा बलातैलम् ।

Oil should be cooked with decoction and paste of balā with equal quantity of milk hundred or thousand times. It alleviates vātarakta and vātika disorders. It is an excellent rasāyana, cleanser of senses, vitaliser, bulk-promoting, promoter of voice and alleviator of the defects of semen and ovum. [ 119-120 ]

( Thus Balātaila cooked hundred or thousand times ).

गुड्डचीरसदुग्धाम्यां तैलं द्राक्षारसेन वा । सिद्धं मधुककाशमर्यरसैर्वा वातरक्तनुत् ॥ १२१ ॥

आरानालादके तैलं पाद्सर्जरसं शृतम् । प्रभूते खजितं तोये ज्वरदाहार्त्तनुत् परम् ॥ १२२ ॥

Oil prepared with the juice of guḍuci and milk or with grape juice or with juice of madhuka and kāśmarya alleviates vātarakta.

Oil cooked in sour gruel 2.56 litres with one-fourth sarjarasa and churned in plenty of water is an excellent alleviator of fever, burning sensation and distress. [ 121-122 ]

समधूच्छिष्टमाजिष्ठं ससर्जरससारिवम् । पिण्डतैलं तदभ्यङ्गादवातरक्तरुजापहम् ॥ १२३ ।  
इति पिण्डतैलम् ।

Oil prepared with beewax, mañjiṣṭhā, sarjarasa and sārivā is known as ‘piṇḍa taila’ which alleviates pain in vātarakta by massage. [ 123 ]  
( Thus Piṇḍa taila ).

दशमूलशृतं क्षीरं सद्यः शूलनिवारणम् । परिषेकोऽनिलप्राये तद्वत् कोष्णेन सर्पिषा ॥ १२४ ॥  
खेहैमधुरसिद्धैर्वा चतुर्भिः परिषेचयेत् । स्तम्भाक्षेपकशूलार्तं कोष्णेदृढ़ि ह तु शीतलैः ॥ १२५ ॥  
तद्वदगव्याविकच्छागौः क्षीरस्तैलविमिथितैः । काथैर्वा जीवनीयानां पञ्चमूलस्य वा भिषक् ॥ १२६ ॥  
द्राक्षेभुरसमद्यानि दधिमस्त्वम्लकाञ्जिकम् । सेकार्थं तण्डुलशौद्रशर्कराम्बु च शस्यते ॥ १२७ ॥  
कुमुदोत्पलपञ्चायैर्मणिहारैः सचन्दनैः । शोततोयानुगैर्दृढ़ि ह प्रोक्षणं स्पर्शनं हितम् ॥ १२८ ॥  
चन्द्रपादाम्बुसंसिके क्षैमपद्मदलच्छदे । शयने पुलिनस्पर्शशीतमारुतवीजिते ॥ १२९ ॥  
चन्दनाद्रस्तनकराः प्रिया नार्यः प्रियंवदाः । स्पर्शशीताः सुखस्पर्शी घनित दाहं रुजं क्लमम् ॥ १३० ॥  
सरागे सरजे दाहे रक्तं विस्वाव्य लेपयेत् । मधुकाश्वत्यत्वद्वांसीवीरोदुम्बरशाद्वलैः ॥ १३१ ॥  
जलजैर्यवच्चूणैर्वा सयष्टयाहपयोधृतैः । सर्पिषा जीवनीयैर्वा पिण्डलेपोऽर्तिदाहनुत् ॥ १३२ ॥  
तिलाः प्रियालो मधुकं विसं मूलं च वेतसात् । आजेन पयसा पिष्टः प्रलेपो दाहरागनुत् ॥ १३३ ॥  
प्रपौण्डरीकमजिष्ठादार्वामधुकचन्दनैः । सितोपलैरकासक्तुमसूरोशीरपद्मकैः ॥ १३४ ॥  
लेपो रुदाहवीसंपरागशोफनिवारणः । पित्तरक्तोत्तरे त्वेते, लेपान् वातोत्तरे शृणु ॥ १३५ ॥  
वातधनैः साधितः स्त्रिघ्नः कृशरो मुदगपायसः । तिलसर्पपिण्डैर्वाऽप्युपनाहो रुजापहः ॥ १३६ ॥  
औदकप्रसहानूपवेशवाराः सुसंस्कृताः । जीवनीयौषधैः स्नेहयुक्ताः स्युरुपनाहने ॥ १३७ ॥  
स्तम्भतोदरुगायामशोथाङ्गग्रहनाशनाः । जीवनीयौषधैः सिद्धा सपयस्का वसाऽपि वा ॥ १४८ ॥  
घृतं सहचरान्मूलं जीवन्ती च्छागलं पयः । लेपः पिण्डास्तिलास्तद्वद्भृष्टाः पयसि निर्वृताः ॥ १३९ ॥  
क्षीरपिष्टामुमां लेपमेरण्डस्य फलानि च । कुर्याच्छूलनिवृत्यर्थं शताहामनिलेऽधिके ॥ १४० ॥  
समूलाप्रचलैरण्डकार्थे द्विप्रास्थिकं पृथक् । घृतं तैलं वसा मज्जा चानूपमुगपक्षेणाम् ॥ १४१ ॥  
कलकार्थं जीवनीयानि गव्यं क्षीरमथाजकम् । हरिद्रोत्पलकुष्ठैलाशताहाश्वहनच्छदान् ॥ १४२ ॥  
बिल्वमात्रान् पृथक् पुष्पं काकुभं चापि साधयेत् । मधुच्छिष्टपलान्यष्टौ दद्याच्छीतेऽवतारिते ॥ १४३ ॥  
शूलेनैषोऽदिंताङ्गानां लेपः सनिधगतेऽनिले । वातरक्ते च्युते भग्ने खञ्जे कुञ्जे च शस्यते ॥ १४४ ॥  
शोफगौरवकण्डवाद्यैर्युक्ते त्वस्मिन् कफोत्तरे । मूत्रक्षारसुरापकं घृतमध्यज्ञने हितम् ॥ १४५ ॥  
पद्मकं त्वक् समधुकं सारिवा चेति तैर्घृतम् । सिद्धं समधुशुकं स्यात् सेकाभ्यङ्गे कफोत्तरे ॥ १४६ ॥  
क्षारस्तैलं गवां मूत्रं घृतं च कटुकैः शृतम् । परिषेके प्रसंशन्ति वातरक्ते कफोत्तरे ॥ १४७ ॥  
लेपः सर्पपिण्डवार्कहिंस्नाक्षीरतिलैर्हितः । श्रेष्ठः सिद्धः कपितथत्वग्घृतक्षीरैः ससक्तुभिः ॥ १४८ ॥  
गृहधूमो वचा कुष्ठं शताहा रजनीद्रयम् । प्रलेपः शूलनुद्वातरक्ते वातकफोत्तरे ॥ १४९ ॥  
तगरं त्वक् शताहैला कुष्ठं मुस्तं हरेणुका । दारु व्याघ्रनखं चाम्लपिष्टं वातकफोत्तरम् ॥ १५० ॥  
मधुशिशोर्हितं तद्वद्वीजं धान्याम्लयेषितम् । मुहुर्त्तं लिप्तमम्लैश्च सिञ्चेद्वातकफोत्तरम् ॥ १५१ ॥  
त्रिफलव्योषपत्रैलात्वक्क्षीरीचित्रकं वचाम् । विडङ्गं पिण्डलीमूलं रोमशं वृषकत्वचम् ॥ १५२ ॥  
ऋद्धिं तामलकीं चव्यं समभागानि पेषयेत् । कल्पं लिप्तमयस्पत्रे मध्याहे भक्षयेत्ततः ॥ १५३ ॥  
वर्जयेदधिशुकानि क्षारं वैरोधिकानि च । वातान्मो सर्वदोषेऽपि हितं शूलादिते परम् ॥ १५४ ॥

तुदृध्वा स्थानविशेषांश्च दोषाणां च बलावलम् । चिकित्सितमिदं कुर्यादूहापोहविकल्पवित् ॥ १५५ ॥

In case with predominance of vāta milk boiled with daśamūla removes pain immediately. Similar is sprinkling with warm ghee.

One suffering from stiffness, convulsion and pain should be sprinkled over with four fats processed with sweet drugs warmly or coldly in case of burning sensation.

Similarly milk of cow, sheep and goat mixed with oil or decoction of vitaliser drugs or pañcamūla should be used for sprinkling.

Juice of grapes and sugar cane, wine, curd water, sour gruel, water of rice honey and sugar are also useful for sprinkling.

In case of burning sensation, sponging and contact with flowers of kumuda, utpalā ( water lily ), lotus etc., necklace of gems and sandal pieces immersed in cold water is beneficial.

The patient lying on a bed moistened with dews of moonrays covered with flax and lotus leaves and fanned with breeze cooled by contact of sandy beach should be attended by beloved and sweet-spoken women with their breasts and hands pasted with sandal and with cold and pleasing touch who remove burning sensation, pain and exhaustion.

In case of burning sensation associated with redness and pain blood-letting should be done followed by application of paste of madhuka, aśvattha bark, māṃsi, vīrā, udumbara and dūrvā.

Aquatic flowers ( lotus etc. ) or barley powder mixed with madhuyaṣṭī, milk and ghee or that of jīvaniya drugs mixed with ghee alleviates pain and burning sensation.

Sesamum, priyāla, madhuka, lotus rhizome, vetasa root pounded with goat's milk and applied as paste relieve burning sensation and redness.

Application of paste with prapaṇḍarika, maṇijīṣṭhā, dāruhaṇidrā, madhuka, candana, sugar candy, erakā, parched grain flour, lentils, usira and padmaka alleviates pain, burning sensation, eysipelas, redness and swelling.

The above applications are for the disease predominant in pitta and rakta. Now listen about that applicable for the disorder predominant in vāta.

Kṛṣṇā ( rice cooked with pulse ) and mudgapāyasa ( green gram cooked in milk ) processed with vāta-alleviating drugs and added with uncting substance or bolus made of sesamum and mustard applied as poultice alleviate pain,

Preparation of vasavāra made of the meat of aquatic, snatching and marshy animals, well-processed with vitaliser drugs and added with uncting substance are useful as poultice. These alleviate stiffness, piercing pain, distress, stretching, swelling and immobility of body parts.

Similar is the fat cooked with vitaliser drugs along with milk.

Ghee, sahacara root, jīvantī and goat's milk are applied as paste.

Similarly pounded sesamum seeds roasted and immersed in milk should be applied.

If there is predominance of vāyu, paste should be applied of linseed pounded with milk, castor seeds and śatāhvā for alleviating pain.

1.28 kg of each of ghee, oil, fat and marrow derived from marshy animals and birds are cooked in decoction of erāṇḍa ( whole plant ), with the paste of vitaliser drugs, cow's and goat's milk along with haridrā, utpalā, kuṣṭha, elā, śatāhvā, leaves of karavīra and flowers of kakubha each 40 gm. After it is brought down and cooled, beewax 320 gm. should be added. It is applicable as paste in bodyache, sandhivāta, vātarakta, dislocation, fracture, limping and humpedness.

If there is predominance of kapha and swelling, heaviness, itching etc., ghee cooked with urine, alkali and wine is useful as massage.

Ghee cooked with padmaka, twak, madhuka and sārivā along with madhuśukta ( a type of vinegar ) is useful as sprinkling and massage in predominance of kapha.

Alkali, oil, cow's urine and ghee processed with pungent drugs are beneficial in vātarakta with predominance of kapha.

Similarly paste of mustard, nimba, arka, hiṁsrā, milk and sesamum or that of kapittha bark, ghee and milk mixed with parched grain flour is useful.

Soot, vacā, kuṣṭha, śatāhvā, haridrā, dāruharidrā—this paste alleviates pain in vātarakta predominant in vāta and kapha.

Tagara, twak, śatāhvā, elā, kuṣṭha, musta, hareṇukā, devadāru and vyāghranakha—these pounded with sour liquid and applied as pastes alleviate disorders of rakta associated with vāta and kapha.

Similarly the seeds of madhusigru pounded with sour gruel are pasted for a while and then washed with sour liquids in that predominant in vāta and kapha.

Tripalā, trikaṭu, patra, elā, tvakkṣīrī, citraka, vacā, viḍaṅga, pippalimūla, kāsīsa, vāsā bark, ṛddhi, tāmalaki and cavya—all in equal quantity should be pounded. The paste should be applied on an iron utensil in early morning and eaten in noon. Curd, śukta (vinegar), alkali and incompatible food items should be avoided. It is very efficacious in pain of vātarakta even caused by all the doṣas.

The above treatment should be applied by one conversant in reasoning and variation after considering specific positions and strength or otherwise of doṣas. [ 124–155 ]

कुपिते मार्गसंरोधान्मेदसो वा कफस्य वा । अतिवृद्धयाऽनिले नादौ शस्तं स्नेहनवृहणम् ॥ १५६ ॥  
व्यायामशोधनारिष्टमूत्रपानैर्विरेचनैः । तकाभयाप्रयोगैश्च क्षपयेत् कफमेदसी ॥ १५७ ॥  
बोधिवृक्षकषायं तु प्रपिवेन्मधुना सह । वातरक्तं जयत्याशु त्रिदोषमपि दारणम् ॥ १५८ ॥  
पुराणयवगोधूमसीध्वरिष्टसुरासैः । शिलाजतुप्रयोगैश्च गुगुलोर्माक्षिकस्य च ॥ १५९ ॥

If vāyu is vitiated due to blocking of passage by excessive aggravation of medas and kapha, unction and bulk-promoting measures should not be applied in the beginning. Instead, kapha and medas should be diminished with physical exercises, evacuation, intake of arīṣṭa and urine, purgation and administration of buttermilk and harītaki.

One should take decoction of aśvattha with honey. It overcomes shortly even severe vātarakta caused by three doṣas,

Besides, ( kapha and medas should be diminished ) by use of old cereals of barley and wheat, sidhu, arīṣṭa, surā, āsava ( fermented beverages ), śilājatu, guggulu and mākṣika. [ 156–159 ]

गम्भीरे रक्तमाक्रान्तं स्याच्चेत्तद्रातरज्जयेत् । पश्चाद्गते कियां कुर्याद्वातरक्तप्रसादनीम् ॥ १६० ॥

In deep type of the disease if blood is affected, it should be treated like vāta. Thereafter steps should be taken to pacify vātarakta. [ 160 ]

रक्तपित्तातिवृद्धया तु पाकमाशु नियच्छति । भिन्नं स्नवति वा रक्तं विदग्धं पूयमेव वा ॥ १६१ ॥  
तयोः किया विधातव्या भेदशोधनरोपणैः । कुर्यादुपद्रवाणां च कियां स्वां स्वाच्छिकित्सितात् ॥ १६२ ॥

The disordered part, due to excessive aggravation of rakta and pitta, gets inflamed or torn discharging blood or immature pus. They should be treated with incision, cleansing and healing application.

The complications should be managed according to their respective treatment. [ 161–162 ]

**तत्र श्लोकाः—**

हेतुः स्थानानि मूलं च यस्मात् प्रायेण सन्धिषु । कुप्यति प्राक् च यद्रूपं द्विविधस्य च लक्षणम् ॥१६३॥  
पृथग्भिन्नस्य लिङ्गं च दोषाधिक्यमुपद्रवाः । साध्यं याप्यमसाध्यं च क्रिया साध्यस्य चाखिला ॥१६४॥  
वातरक्तस्य निर्दिष्टा समासव्यासतस्तथा । महर्षिणाऽग्निवेशाय तथैवावस्थिकी क्रिया ॥ १६५॥

Now the summing up verses—

Etiology, locations, root, reason for its prevalent aggravation in joints, prodroma, symptoms of both the types, symptoms of different types, predominance of dosas, complication, prognosis, management of the curable one and symptomatic treatment—all this about vātarakta is described in brief and details by the great sage for Agniveśa.

इत्यग्निवेशकृते तन्त्रे चरकप्रतिसंस्कृतेऽप्राप्ते दृढवलसंपूरिते चिकित्सास्थाने वातशोणित-  
चिकित्सितं नामैकोनन्त्रिशोऽध्यायः ॥ २९ ॥

Thus ends the twenty ninth chapter on treatment of vātaśoṇita in  
Cikitsāsthāna in treatise composed by Agniveśa, redacted by  
Caraka and reconstructed by Dṛḍhabala as  
it was not available. ( 29 )

### त्रिशोऽध्यायः

#### CHAPTER XXX

अथातो योनिव्यापचिकित्सितं व्याख्यास्यामः ॥ १ ॥

Now ( I ) shall expound the disorders of female genital tract. [ 1 ]

इति ह स्माह भगवानात्रेयः ॥ २ ॥

As propounded by Lord Ātreyā. [ 2 ]

दिव्यतीर्थौषधिमतश्चित्रधातुशिलावतः । पुण्ये हिमवतः पाश्वे सुरसिद्धर्षिसेविते ॥ ३ ॥  
विहरन्तं तपेयोगात्तत्त्वज्ञानार्थदर्शिनम् । पुनर्वसुं जितात्मानमग्निवेशोऽनु पृष्ठवान् ॥ ४ ॥  
भगवन् ! यदपत्यानां मूलं नार्यः परं नृणाम् । तद्विघातो गदैश्वासां क्रियते योनिमात्रितैः ॥ ५ ॥  
तस्मात्तेषां समुत्पत्तिमुत्पन्नानां च लक्षणम् । सौषधं श्रोतुमिच्छामि प्रजानुग्रहकाम्यया ॥ ६ ॥  
इति शिष्येण पृष्ठस्तु प्रोवाचर्षिवरोऽत्रिजः । विशातिव्यापदो योनेर्निर्दिष्टा रोगसंप्रहे ॥ ७ ॥  
मिथ्याचारेण ताः खीणां प्रदुषेनार्तवेन च । जायन्ते दैवाच बीजदोषाच शृणु ताः पृथक् ॥ ८ ॥

Agniveśa again submitted to Punarvasu, self-controlled and seer of the ideas of spiritual knowledge by virtue of penance, taking stroll in the pious outskirts of

Himālayas possessing divine places, herbs, various metals and stones as well as inhabited by gods and accomplished sages.

O Lord ! that women are the original source of progeny is contradicted by the disorders pertaining to their genital tract. Hence, sir, we want to learn their origin and symptoms of the arisen ones along with treatment for welfare of the people. Thus queried by the disciple, the son of Atri, best among sages said as follows:-

Twenty types of the genital disorders of women are mentioned in ( the chapter on ) enumeration of diseases ( Sū. 19 ). They arise in women due to their faulty practices, deranged menstrual flow, defect in ovum and fate. Listen about them separately. [ 3-8 ]

वातलाहारत्वेष्टया वातलायाः समीरणः । विवृद्धो योनिमाश्रित्य योनेस्तोदं संवेदनम् ॥ ९ ॥  
स्तम्भं पिपीलिकासूत्रिमिव कर्कशां तथा । करोति सुतिमायासं वातजांश्चापरान् गदान् ॥ १० ॥  
सा स्यात् सशब्ददृक्फेनतनुरुक्षार्तवाऽनिलात् । व्यापत्कट्वम्लवणक्षारादैः पित्तजा भवेत् ॥ ११ ॥  
दाहपाकज्वरोषार्ता नीलपित्तासितार्तवा । भृशोष्णकुणपस्त्रावा योनिः स्यात्पित्तदूषिता ॥ १२ ॥  
कफोऽभिष्यन्दिभिर्वृद्धो योनिं चेद्दूषयेत् खियाः ।

स कुर्यात् पिच्छिलां शीतां कण्डुग्रस्तात्पवेदनाम् ॥ १३ ॥

पाण्डुवर्णां तथा पाण्डुपिच्छिलार्तववाहिनीम् । समशन्त्या रसान् सर्वान्दूषयित्वा त्रयो मलाः ॥ १४ ॥  
योनिगर्भाशयस्थाः स्वैर्योनिं युज्जन्ति लक्षणैः । सा भवेदाहशूलार्ता श्वेतपिच्छिलवाहिनी ॥ १५ ॥

In the women of vātika constitution following vāta-aggravating diet and practices, vāta gets aggravated and having been located in genital tract produces piercing and other types of pain, stiffness, feeling of crawling of ants, hardness and numbness of vagina, exhaustion and other vātika disorders. Due to vāta, her menstrual discharge appears with sound, painful, frothy, thin and rough.

Due to ( excessive use of ) pungent, sour, salty, alkaline things etc. paittika type of genital disorders arise. Because of affection with pitta, the genital tract suffers from burning sensation, inflammation, fever and heat; with menstrual flow as blue, yellow or black and with excessive, hot discharge having cadaverous smell.

If kapha aggravated by channel-blocking things affect the genital tract of woman, it makes the track as slimy, cold, itching, with mild pain and pale and menstrual flow as pale and slimy.

When a woman uses excessively all the rasas, all the three dosas located in genital tract and uterus produce their symptoms there. Thus the tract suffers from burning sensation and pain and has discharge as white and slimy. [ 9-15 ]

रक्तपित्तकरैर्नायो रक्तं पित्तेन दूषितम् । अतिप्रवर्तते योन्यां लघ्वे गर्भं पि सासृजा ॥ १६ ॥  
योनिगर्भाशयस्थं चेत् पित्तं संदूषयेदस्त्रक् । साऽरजस्का मता कार्यवैवर्ण्यजननी भृशम् ॥ १७ ॥

If menstrual blood of woman is affected by pitta due to ( excessive intake of substances ) aggravating rakta-pitta, it overflows from the genital tract even after conception. This is known as 'sāsṛjā' yoni.

If pitta located in genital tract and uterus affects blood, it is known as 'arajaskā' which produces leanness and abnormal complexion. [ 16-17 ]

योन्यामधावनात् कण्डुं जाताः कुर्वन्ति जन्तवः । सा स्याद्वरणा कण्डा तयाऽतिनरकाङ्गणी ॥ १८ ॥

If organisms arising in the genital tract due to non-washing cause itching therein, this is known as 'acaranā' by which the women has frequent desires for man. [ 18 ]

पवनोऽतिव्यवायेन शोफसुस्तिरुजः श्लियाः । करोति कुपितो योनौ सा चातिचरणा मता ॥ १९ ॥

Due to excessive coitus, ( the aggravated ) vāyu causes swelling, numbness and pain in woman's genital tract. This is known as 'aticaraṇā'. [ 19 ]

मैयुनाद्विवालायाः पृष्ठकट्यरूपवंक्षणम् । रुजन् दूषयते योनिं वायुः प्राक्चरणा हि सा ॥ २० ॥

Due to sexual intercourse in a too premature woman vāyu affects the genital tract producing pain in back, waist, thighs and groins. This is 'prākcarāṇā'. [ 20 ]

गर्भिण्याः श्लेष्मलाभ्यासाच्छर्दिनिःश्वासनिप्रहात् । वायुः कुद्धः कफं योनिमुपनीय प्रदूषयेत् ॥ २१ ॥  
पाण्डुं सतोदमाक्षावं श्वेतं स्ववति वा कफम् । कफवातामयव्याता सा स्याद्योनिमुपन्तुता ॥ २२ ॥

If a woman during pregnancy takes kapha-aggravating things excessively and suppresses the urges of vomiting and respiration, the vitiated vāyu carrying kapha to the genital tract affects the same. Because of this it discharges pale fluid with piercing pain or white mucus while having been invaded by the disorders of kapha and vata. This is known as 'upaplutā' [ 21-22 ]

पित्तलाया नृसंवासे क्षवथूद्वारधारणात् । पित्तसंमूच्छितो वायुयोनिं दूषयति श्लियाः ॥ २३ ॥  
शूना स्पर्शाक्षमा सार्तिनीलपीतमसूक् श्वेत् । श्रोणिवंक्षणपृष्ठार्तिज्वरर्तयाः परिष्कृता ॥ २४ ॥

When a woman of paittika constitution suppresses the urges of sneezing and eructation during coitus, vāyu combined with pitta affects the genital tract of the woman. By this the genital tract becomes swollen, tender, painful and having menstrual flow as blue and yellow. The woman suffers from pain in pelvis, groins and back. This is pariplutā. [ 23-24 ]

वेगोदावर्तनायोनिमुदावर्तयतेऽनिलः । सा रुगार्ता रजः कृच्छ्रेणोदावृत्तं विमुच्यति ॥ २५ ॥  
आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखम् । रजसो गमनादूर्ध्वं श्वेतोदावर्तिनी बुधैः ॥ २६ ॥

If natural urges are suppressed, vāyu takes upward course in the genital tract due to which the woman suffering from pain diacharges the menstrual blood with

difficulty because of its having taken upward tendency. After discharge of the menstrual blood, she feels relief instantly. Because of the upward course of menstrual blood it is known by the wise as 'udāvartini'. [ 25-26 ]

अकाले वाहमानाया गर्भेण पिहितोऽनिलः । कर्णिकां जनयेद्योनौ स्थेष्मरकेन मूर्च्छतः ॥ २७ ॥  
रक्तमार्गावरोधिन्या सा तया कर्णिनी मता ।

In woman straining untimely ( during labour ) vāyu gets obstructed by foetus and having combined with kapha and rakta produces prolapse which obstructs the passage of menstrual flow. This is known as 'karṇini'. [ 27 ]

रौक्ष्याद्वायुर्यदा गर्भं जातं जातं विनाशयेत् ॥ २८ ॥  
दुष्टशोणितजं नार्याः पुत्रग्री नाम सा मता ।

Due to roughness if vāyu because of morbidity in śoṣita ( menstruation or ovum ) destroys the foetus formed again and again it is known as 'putraghnī'. [ 28 ]

व्यवायमतिरुप्ताया भजन्त्यास्त्वन्पीडितः ॥ २९ ॥

वायुर्मिञ्च्यास्थिताङ्गाया योनिस्त्रोतसि संस्थितः । वक्यत्याननं योन्याः साऽस्थिमांसानिलार्तिभिः ॥३०॥  
भृशार्तिमैथुनाशका योनिरन्तमुखी मता ।

If a women being oversaturated with food takes to sexual intercourse and also lies in faulty postures, vāyu pressed with food and having been located in genital tract curves the opening of vagina along with vātika distress in bones and muscles. By this vagina becomes exceedingly painful and intolerant to coitus. This is known as 'antarmukhi'. [ 29-30 ]

गर्भस्थायाः रौक्ष्याद्वायुर्योनि प्रदूषयन् ॥ ३१ ॥  
मातृदोषादणुद्वारां कुर्यात् सूचीमुखी तु सा ।

If in female foetus vāyu due to roughness affects the genital tract and thus makes it of minute opening caused by maternal ( genetic ) defect. This is 'sūci-mukhi'. [ 31 ]

व्यवायकाले रुधन्त्या वेगान् प्रकुपितोऽनिलः ॥ ३२ ॥  
कुर्याद्दिष्मूत्रसङ्गातिं शोषं योनिमुखस्य च ।

During coitus if one suppresses the natural urges, the vitiated vāyu causes painful retention of faeces and urine and dryness of vaginal opening. ( This is known as 'suṣkā yoni.' [ 32 ] )

षड्हात् सत्तरात्राद्वा शुक्रं गर्भाशयं गतम् ॥ ३२ ॥  
सरुजं नीरुजं वाऽपि या स्वेत् सा तु वामिनी ।

Semen having entered into the uterus comes out after six or seven days with or without pain. This is known as 'vāmini.' [ 33 ]

वीजदोषात् गर्भस्थमारुतोपहताशया ॥ ३४ ॥  
नद्रेषिण्यस्तनी चैव षण्डी स्यादनुपकमा ।

Due to genetic defect, if in female foetus vāyu destroys the ovary, the woman has aversion to males and is devoid of breasts. This is known as 'śaṅḍhi' and is incurable. [ 34 ]

विषमं दुःखशःयायां मैथुनात् कुपितोऽनिलः ॥ ३५ ॥  
गर्भाशयस्य योन्याश्च मुखं विष्टमयेत् ख्रियाः । असंवृतमुखी सार्ती रुक्षफेनाम्बवाहिनी ॥ ३६ ॥  
मांसोत्सना महायोनिः पर्वचंक्षणशूलिनी ।

If on uncomfortable bed one takes to abnormal postures in coitus, the vitiated vāyu dilates the opening of uterus and the genital tract. By this the tract becomes with unclosed opening, painful and with rough and frothy menstrual discharge. There is also growth of flesh with pain joints and groin. This is known as 'mahā-yoni.' [ 35-36 ]

इत्येतत्क्षणैः प्रोक्ता विंशतिर्योनिजा गदाः ॥ ३७ ॥  
न शुक्रं धारयत्येभिर्दोषैर्योनिरुपद्रुता । तस्माद्दर्भं न गृह्णाति ख्री गच्छत्यामयान् बहून् ॥ ३८ ॥  
गुल्मार्शःप्रदरादीश्च वाताद्यैश्चातिपीडनम् ।

Thus by the above symptoms twenty disorders of female genital tract have been said. The track affected with these defects does not hold the semen and as such the woman does not conceive and gets inflicted with various disorders like gulma, piles, menorrhagia etc. and also severe affliction caused by vāta etc. [ 37-38 ]

आसां पोडश यास्त्वन्त्या आद्ये द्वे पित्तदोषजे ॥ ३९ ॥  
परिष्कृता वामेनी च वातपित्तातिमिके मते । कर्णिन्युपष्टुते वातकफाच्छेषास्तु वातजाः ॥ ४० ॥  
देहं वातादयस्तासां स्वैर्लिङ्गैः पीडयन्ति हि ।

Of later sixteen disorders, the first two are caused by pitta, pariplutā and vāminī are regarded as caused by vāta and pitta, karṇīnī and upaplutā are caused by vāta and kapha while the remaining ones are caused by vāta. Vāta etc. afflict these patients with their respective symptoms. [ 39-40 ]

स्नेहनस्वेदस्त्यादि वातजास्वनिलापहम् ॥ ४१ ॥  
कारयेद्रकपित्तम्भं शोतं पित्तकृतासु च । श्लेष्मजासु च रुक्षोष्णं कर्म कुर्याद्विचक्षणः ॥ ४२ ॥  
सञ्चिपाते विमिश्रं तु संसृष्टासु च कारयेत् । ख्रिग्धस्त्विनां तथा योनिं दुःस्थितां स्थापयेत्पुनः ॥ ४३ ॥  
पाणिना नामयेजिद्वां संवृतां वर्धयेत् पुनः । प्रयेशयेज्ञिःसृतां च विवृतां परिवर्तयेत् ॥ ४४ ॥  
योनिः स्थानापवृत्ता हि शल्यभूता मता ख्रियाः । सर्वां व्यापम्बयोनिं तु कर्मभिर्वर्मनादिभिः ॥ ४५ ॥  
मृदुभिः पञ्चभिर्नारीं ख्रिग्धस्त्विनामुपाचरेत् । सर्वतः सुविशुद्धायाः शेषं कर्म विधीयते ॥ ४६ ॥

वातव्याधिहरं कर्म वातार्तानां सदा हितम् । औदकानूपजैर्मासैः क्षीरैः सतिलतण्डुलैः ॥ ४७ ॥  
 सवातभ्रौपधैनांडीकुम्भीस्वेदैरुपाचरेत् । अक्कां लवणतैलेन साशमप्रस्तरसङ्कौरैः ॥ ४८ ॥  
 स्वच्छां कोण्णाम्बुसिक्काङ्गां वातभ्रौभौर्जयेद्रसैः ।

In vātika disorders, vāta-alleviating measures such as unction, fomentation, enema etc. should be prescribed. In paittika ones cold measures and those pacifying rakapitta should be employed. In kaphaja ones, one should administer rough and hot remedy. In sannipāta and combination of two dosas mixed treatment should be given.

If the genital track be displaced it should be brought back to its normal position after uncting and fomenting it. The covered one should be pressed with hand, the contracted one should be dilated, the bulged out should be put inside and the dilated one should be manipulated for contraction. Womens's genital tract, if displaced, is regarded as foreign body.

All cases of disorders of genital tract should be managed with mild application of five evacuative measures after unction and sudation. After she is evacuated the remaining meaures are applied. For those suffering from vāta, the measures alleviating vātika disorders are beneficial. She should be subjected to tube or pitcher formentation with meat of aquatic and marshy animals, milk, sesamum seeds and vāta-alleviating drugs. The woman should be first massaged with lavaṇataila ( oil processed with salt ) and then fomented by stone, bed or bolus methods of fomentation. Thereafter she should be sprinkled with warm water and fed on vāta-alleviating meat soups. [ 41-48 ]

बलाद्रोणद्वयकाथे वृततैलाढकं पचेत् ॥ ४९ ॥

स्थिरापयस्याजीवन्तीवीर्पंभकजीवकैः । श्रावणोपिष्ठपलोमुद्गपीलुमापाख्यपर्णिभिः ॥ ५० ॥  
 शर्कराक्षीरकाकोलीकाकनासाभिरेव च । पिष्टैश्चनुर्गुणक्षीरे सिद्धं पेयं यथाबलम् ॥ ५१ ॥  
 वातपित्तकृतान् रोगान् हत्वा गर्भं दधाति तत् । काश्मर्यत्रिफलाद्राक्षाकासमर्दपरुषकैः ॥ ५२ ॥  
 पुनर्नवाद्विरजनीकाकनासासहाचरैः । शतावर्या गुहूच्याश्च प्रस्थमक्षसमैर्वृतात् ॥ ५३ ॥  
 साधितं योनिवातदनं गर्भदं परमं पिवेत् । पिष्ठलोकुञ्जिकाजीवृपकं सैन्धवं वचाम् ॥ ५४ ॥  
 यवक्षाराजमोदे च शर्करां चित्रकं तथा । पिष्टा सर्पिषि भृष्टानि पाययेत प्रसन्नया ॥ ५५ ॥  
 योनिपार्वार्तिंहद्रोगगुलमार्णोविनिवृत्तये । वृपकं मातुलुक्षस्य मूलानि मदयन्तिकाम् ॥ ५६ ॥  
 पिवेत् सलवैर्मद्यैः पिष्ठलीकुञ्जिके तथा । राम्भाश्वदप्पावृषकैः पिवेच्छूले श्रुतं पयः ॥ ५७ ॥  
 गुहूचीत्रिफलादन्तीकाथैश्च परिपेचयेत् । सैन्धवं तगरं कुष्ठं वृहती देवदारु च ॥ ५८ ॥  
 समांशैः साधितं कल्कस्तैलं धार्यं रुजापहम् । गुहूचीमालतीराम्भावलामधुकचित्रकैः ॥ ५९ ॥  
 निदिग्धिकादेवदारुयूथिकाभिश्च कार्यिकैः । तैलप्रस्थं गवां मूत्रे क्षीरे च द्विगुणे पचेत् ॥ ६० ॥  
 वातार्तायाः पिञ्च दद्याद्योनौ च प्रणयेत्ततः । वातार्तानां च योनीनां सेकाभ्यङ्गपिचुक्रियाः ॥ ६१ ॥  
 ( उष्णाः सिंधाः प्रकर्तव्यास्तैलानि स्नेहनानि च । )

हिस्ताकल्कं तु वातार्ता कोष्णमभ्यज्य धारयेत् । पञ्चवल्कस्य पित्तर्ता श्यामादीनां कफातुरा ॥ ६२ ॥

Ghee and oil mixed 2.56 kg. should be cooked with the decoction of balā 20.48 litres with the pastes of śalaparṇī, payasyā, jīvantī, vīrā, ṛṣabhaka, jīvaka, śrāvaṇī, pippalī mudgaparṇī, pīluparṇī, māṣaparṇī, śarkarā, kṣīrakākoli and kākanāsā, alongwith four times milk. This should be used according to strength. It helps conception by destroying diseases caused by vāta and pitta.

Ghee 640 gm. cooked with kāśmarya, triphalā, drākṣā, kāsamarda, paruṣaka, punarnavā, haridrā, dāruharidrā, kākanāsā, sahačara, śatāvarī and guḍūci alleviates vāta of female genital track and is an excellent remedy for helping conception.

Pippali, upakuñcikā, jīraka, vr̄ṣaka, rock salt, vacā, yavakṣāra, ajamodā, śarkarā and citraka should be pounded and fried in ghee. It should be administered with clear wine to alleviate pain in genital track, sides, heart disease, gulma and piles.

Vr̄ṣaka, mātulūṅga root, madayantikā, pippalī and upakuñcikā should be pounded and taken with salted wine.

In case of pain, milk boiled with rāsnā, gokṣura and vr̄ṣaka should be taken. Besides, the part should be sprinkled over with decoction of guḍūci, triphalā and dantī.

Oil cooked with the paste of rock salt, tagara, kuṣṭha, bṛhatī and devadāru in equal quantity soould be put into vagina to relieve pain.

Oil 640 gm. should be cooked with the paste of guḍūci, jāti, rāsnā, balā, madhuka, citraka, kaṇṭakārī, devadāru and yūthikā each 10 gm. along with cow's urine and milk each in double quantity ( 1.28 litres each ) the vaginal track of the patient of vātika type should be tamponed with this oil. In vātika type of yoni-yāpad, sprinkling, massage and tampoing should be done.

One suffering from vātika type should put the warm paste of hiṁsrā in after massage. Likewise, one suffering from paittika type should put the paste of pañca-valkala in and that from kaphaja type of the drugs of śyāmādi group. (vi. 8). [49-62]

पित्तलःनां तु योनीनां सेकाभ्यङ्गपित्तक्रियाः । शीताः पित्तहराः कार्याः स्नेहनार्थं घृतानि च ॥ ६३ ॥  
 ( पित्तद्वौषधसिद्धानि कार्याणि भिषजा तथा । ) शतावरीमूलतुलाश्वतसः संप्रपीडयेत् ॥ ६४ ॥  
 रसेन क्षीरतुल्येन पचेत्तेन घृताढकम् । जीवनीयैः शतावर्या मृद्वीकाभिः परवकैः ॥ ६५ ॥  
 पिष्टैः ग्रियालैश्चाक्षांशैर्द्वियष्टिमधुकैर्भिषक् । सिद्धे शीते च मधुनः पिण्डल्याश्व पलाष्टकम् ॥ ६६ ॥  
 सितादशपलोन्मिश्रालिद्यात् पणितलं ततः । योन्यसूक्षुकदोषव्यं वृद्ध्यं पुंसवनं च तत् ॥ ६७ ॥  
 क्षतं क्षयं रक्तपित्तं कासं श्वासं हलीमकम् । कामलां वातरकं च वीसपैः हृच्छिरोप्रहम् ॥ ६८ ॥

उन्मादारत्यपस्मारान् वातपित्तात्मकाङ्गेत् ।

इति वृहच्छतावरीघृतम् ।

पवमेव क्षीरसर्पिंजींवनीयोपसाधितम् ॥ ६९ ॥

गर्भदं पित्तलानां च योनीनां स्याद्विषयितम् ।

In paittika type of genital disorders cold and pitta-alleviating sprinkling, massage and tamponing should be done along with the use of ghṛta for unction.

16 kg. śatāvarī root should be crushed. With its juice and equal quantity of milk 2.56 kg. ghee should be cooked with the paste of vitaliser drugs, śatāvarī, grapes, paruṣaka and priyāla and two types of madhuka ( terrestrial and aquatic ) each 10 gm.. When prepared and cooled honey and pippali each 320 gm. and sugar 400 gm. should be added thereto. It should be taken in dose of 10 gm. It alleviates derangements of female genital track, menses, semen and is aphrodisiac and provides male progeny. It overcomes chest wound, wasting, internal haemorrhage, cough, dyspnea, halimaka, jaundice, vātaraktā, erysipelas, stiffness in heart and head, insanity, restlessness, epilepsy caused by vāta, pitta and kapha.

( Thus Bṛhat śatāvarī ghṛta ).

Similarly, ghee extracted from milk is processed with vitaliser drugs. It helps conception and is a remedy for the paittika disorders of female genital track. [ 63-69 ]

योन्यां श्लेष्मप्रदुषायां वर्तिः संशोधनी हिता ॥ ७० ॥

वाराहे बहुशः पित्ते भावितैर्लक्ककैः कृता । भावितं पयसाऽर्कस्य यवचूर्णं ससैन्धवम् ॥ ७१ ॥

वर्तिः कृता मुहुर्धार्या ततः सेच्या सुखाम्बुना । पिप्पल्या मरिचैर्मार्वैः शताह्वाकुष्ठसैन्धवैः ॥ ७२ ॥

वर्तिस्तुल्या प्रदेशिन्या धार्या योनिविशोधनी ।

If the genital track be affected by kapha cleansing suppository made of cloth piece impregnated profusely with hog's bile should be applied.

Suppository made of barley powder and rock salt impregnated with latex of arka should be put in frequently followed by wash with warm water.

Suppository of the size of index finger made of pippali, marica, māṣa, śatāhvā, kuṣṭha and rock salt should be put in for cleansing of the genital track. [ 70-72 ]

उदुम्बरशालादूनां द्रोणमब्द्रोणसंयुतम् ॥ ७३ ॥

सपञ्चवल्ककुलकमालतीनिम्बपल्लवम् । निशां स्थाप्य जले तस्मिस्तैलप्रस्थं विपाचयेत् ॥ ७४ ॥

लाक्षाधवपलाशत्वडनिर्यासैः शालमलैन च । पिष्टैः सिद्धस्य तैलस्य पिञ्चयं योनौ निघापयेत् ॥ ७५ ॥

सशर्करैः कषायैश्च शीतैः कुर्वीत सेचनम् । पिच्छिला विवृता कालदुष्टा योनिश्च दारणा ॥ ७६ ॥

सप्ताहाच्छुद्धयति क्षिप्रमपत्यं चापि विदन्ति । उदुम्बरस्य दुग्धेन पट्टक्क्वां भावितात्तिलात् ॥ ७७ ॥

तैलं काथेन तस्यैव सिद्धं धार्य च पूर्ववत् । धातक्यामलकीपत्रस्रोतोजमधुकोत्पलैः ॥ ७८ ॥  
जम्ब्वाम्रमध्यकासीसलोधकटफलतिन्दुकैः । सौराष्ट्रिकादाडिमत्वगुदुम्बरशलादुभिः ॥ ७९ ॥  
अक्षमात्रैरजामूत्रे क्षीरे च द्विगुणे पचेत् । तैलप्रस्थं पितॄं दयाद्योनौ च प्रणयेत्ततः ॥ ८० ॥  
कटीपृष्ठत्रिकाम्यहङ्क्लेहवस्ति च दापयेत् । पिच्छिलस्वाविणी योनिर्विप्लुतोप्लुता तथा ॥ ८१ ॥  
उत्ताना चोन्नता शूना सिद्धयेत् सस्फोटशूलिनी । करीरथवनिम्बार्कवुकपुल्लासजाम्बवैः ॥ ८२ ॥  
जिङ्गिनीवृष्मूलानां काथैर्मार्दीकसीधुभिः । सशुकैर्धावनं मिश्रैर्योन्यास्वावविनाशनम् ॥ ८३ ॥  
कुर्यात् सतकगोमूत्रशुक्तैर्वा त्रिफलारसैः ।

Young fruits of udumbara 10.24 kg. along with pañcavalkala, kulaka, tender leaves of jātī and nimba is dipped in water 10.24 litres for the night. Witl. this extract oil 640 gm. is cooked with the paste of lac, dhava, bark and exudation of palāśa and exudation of śālmali ( mocarasa ). Tampon with this oil should be put into the vagina followed by wash with cold decoctions added with sugar. By this slimy, dilated and hard genital track affected since long is cleansed by a week and the women gets progeny.

Oil pressed from sesamum seeds impregnated six times with the latex of udumbara and cooked with the decoction of the same should be put in as above.

Oil 640 gm. should be cooked with the paste of dhātaki, āmalakī leaves, srotāñjana, madhuka, utpala, seed-pulp of jambu and mango, kāsisa, lodhra, kaṭphala, tiṇḍuka, saurāṣṭrikā, fruit-rind of pomegranate, tender fruits of udumbara—each 10 gm. along with the double quantity of goat's urine and milk. Tampon impregnated with this oil should be put into vagina followed by massage of waist, back and sacral region and unctuous enema. The genital track with slimy discharge and that which is viplutā, upaplutā, flattened, swollen and with eruptions and pain recovers.

Washing with the decoction of kāsisa, dhava, nimba, arka, buka, pullāsa, jambū, roots of jinginī and vāsā, mixed with sidhu of grapes and śukta ( vinegar ) removes discharge from vagina.

Similar washing may be done with decoction of triphalā mixed with buttermilk, cow's urine and śukta. [ 73-83 ]

पिप्पल्ययोरजःपद्याप्रयोगा मधुना हिताः ॥ ८४ ॥  
श्लेष्मलायां कटुप्रायाः समूत्रा वस्तयो हिताः । पित्ते समधुरक्षीरा वाते तैलाम्लसंयुताः ॥ ८५ ॥  
सञ्चिपातसमुत्थायाः कर्म साधारणं हितम् ।

Use of pippali, lauhabhasma and haritaki mixed with honey is beneficial.

In the disorder predominant in kapha enemas prepared with mostly pungent drugs and cow's urine are beneficial. In that of pitta the same with sweet drugs

and milk and in that of vāta with oil and sour substances are used. In the disorder caused by sannipāta all the measures combined together are useful. [ 84-85 ]

रक्तयोन्यामसृग्वर्णेरुवन्धं समीक्ष्य च ॥ ८६ ॥

ततः कुर्याद्यथादोषं रक्तस्थापनमौषधम् । तिलचूर्णं दधि घृतं फाणितं शौकरी वसा ॥ ८७ ॥  
श्लौद्रेण संयुतं पेयं वातासृग्वर्णनाशनम् । वराहस्य रसो मेयः सकौलत्थोऽनिलाधिके ॥ ८८ ॥  
शर्कराश्लौद्रेण्यष्ट्याह्नागरैर्वा युतं दधि । पयस्योत्पलशालूकविसकालीयकाम्बुदम् ॥ ८९ ॥  
सपयःशर्कराश्लौद्रं पैत्तिकेऽसृग्वरे पिवेत् ।

In raktayoni ( bleeding from the genital track ) one should administer haemostatic drug according to doṣa after observing its association by the colour of the blood discharged.

Powder of sesamum, curd, ghee, treacle and lard—all mixed with honey should be taken to alleviate vātika asṛgdara. Fatty juice of the hog's flesh along with the decoction of kulattha should be taken in asṛgdara predominant in vāta, or curd mixed with sugar, honey, madhuyaṣṭi and śunṭhi. Payasyā, utpala, lotus root and rhizome, kāliyaka, musta mixed with milk, sugar and honey should be taken in paittika asṛgdara. [ 86-89 ]

पाठा जम्बुवास्रयोर्मध्यं शिलोद्भेदं रसाञ्जनम् ॥ ९० ॥

अम्बष्टा शालमलीवेष्टं समज्ञां वत्सकत्वचम् । वाह्नीकातिविषे विल्वं मुस्तं लोध्रं सगैरिकम् ॥ ९१ ॥  
कद्वङ्गं मरिचं शुण्ठीं मृद्रीकां रक्तचन्दनम् । कट्टफलं वत्सकानन्ताधातकीमधुकाञ्जनम् ॥ ९२ ॥  
पुष्येणोद्धृत्य तुल्यानि सूक्ष्मचूर्णानि कारयेत् । तानि श्लौद्रेण संयोज्य पिवेत्पुलवारिणा ॥ ९३ ॥  
अर्शसु चातिसारेषु रक्तं यच्चोपवेश्यते । दोषागन्तुकृता ये च बालानां तांश्च नाशयेत् ॥ ९४ ॥  
योनिदोषं रजोदोषं श्वेतं नीलं सपीतकम् । खीणां इयावाहणं यच्च प्रसव्य विनिवर्तयेत् ॥ ९५ ॥  
चूर्णं पुष्यानुगं नाम हितमात्रेयपूजितम् ।

इति पुष्यानुगचूर्णम् ।

Pāṭhā, seed-pulp of jambū and mango, śaileya, rasāñjana, ambaṣṭhā, exudation of śalmali ( mocarasa ), lajjālu, bark of kuṭaja, bāhlīka, ativiṣā, bilva, musta, lodhra, gairika, aralu, marica, śunṭhi, mṛdvikā, red sañdal, kaṭphala, indrayava, anantā, dhātaki, madhuka and arjuna—all collected in puṣya constellation in equal quantity should be made into fine powder which should be taken with honey followed by rice water. It is useful in piles, diarrhoea and bloody stools. It also destroys the diseases of children caused by doṣas or extraneous factor. It removes forcibly the defects of genital track, menses and discharges as white, blue, yellow, blackish and reddish. This powder known as 'Puṣyānuga' honoured by Ātreya is efficacious. [ 90-95 ]

( Thus Puṣyānuga cūrṇa ).

तण्डुलीयकमूलं तु सक्षौद्रं तण्डुलाम्बुना ॥ ९६ ॥  
रसाञ्जनं च लाक्षां च छागेन पयसा पिवेत् । पत्रकल्कौ घृते भृष्टौ राजादनकपित्थयोः ॥ ९७ ॥  
पित्तानिलहरौ, पैते सर्वथैवास्वपित्तजित् । मधुकं त्रिफलां लोभ्रं मुस्तं सौराश्रिकां मधु ॥ ९८ ॥  
मद्यैनिम्बगुद्धच्यौ वा कफजेऽसुग्दरे पिवेत् । विरेचनं महातिकं पैत्तिकेऽसुग्दरे पिवेत् ॥ ९९ ॥  
हितं गर्भपरिस्नावे यच्चोक्तं तच्च कारयेत् ।

One should take roots of taṇḍuliyaka mixed with honey followed by rice water.

Likewise, she should take rasāñjana and lac with goat's milk.

Pastes of leaves of rājādana and kapitha fried in ghee alleviate pitta and vāta.

In paittika type of all those beneficial in raktapitta should be used particularly madhuka, triphalā, lodhra, musta, saurāṣṭirkā mixed with honey.

In kaphaja asṛgdara, nimba and guḍūcī should be taken with urine.

In paittika type of asṛgdara, purgation and thereafter mahātikta ghṛta ( ci.7 ) should be used. Besides, whatever is efficacious in abortion ( sa. 8 ) should be given. [ 96-99 ]

काश्मर्यकुटजकाथसिद्धमुत्तरवस्तिना ॥ १०० ॥  
रक्तयोन्यरजस्कानां पुत्रब्न्याश्च हितं घृतम् । मृगाजाविवराहासुगदध्यम्लफलसर्पिषा ॥ १०१ ॥  
अरजस्का पिवेत् सिद्धं जीवनीयैः पयोऽपि वा । कर्णिन्यचरणाशुष्कयोनिप्राक्चरणासु च ॥ १०२ ॥  
कफवाते च दातव्यं तैलमुत्तरवस्तिना । गोपित्ते मत्स्यपित्ते वा क्षौमं त्रिःसप्तभावितम् ॥ १०३ ॥  
मधुना किणवन्नूर्णं वा दद्यादचरणापहम् । स्रोतसां शोधनं कण्ठूकलेदूशोफहरं च तद् ॥ १०४ ॥  
वातध्नैः शतपाकैश्च तैलैः प्रागतिचारिणी । आस्थाप्या चानुवास्या च स्वेद्या चानिलसूदनैः ॥ १०५ ॥  
स्नेहद्रव्यैस्तथा�ऽहारैरुपनाहैश्च युक्तिः । शताह्नायवगोधूमकिणवकुष्ठप्रियङ्कुभिः ॥ १०६ ॥  
बलाखुपर्णिकाथ्रथ्याहैः संयावो धारणः स्मृतः । वामिन्युपच्छ्रुतानां च स्नेहस्वेदादिकः क्रमः ॥ १०७ ॥  
कार्यस्ततः स्नेहपिचुस्ततः संतर्पणं भवेत् । शल्कीजिङ्गिनीजम्बूधवत्वकपञ्चवल्कलैः ॥ १०८ ॥  
कषायैः साधितः स्नेहपिचुःस्याद्विच्छ्रुतापहः । कर्णिन्यां वर्तिका कुष्ठपिण्यलक्यक्रियसैन्धवैः ॥ १०९ ॥  
वस्तमूत्रकृता धार्या सर्वं च स्नेहप्रदुषितम् । त्रैवृतं स्नेहनं स्वेदो ग्राम्यानुपौदका रसाः ॥ ११० ॥  
दशमूलपयोवस्तिश्चोदावर्तनिलार्तिषु । त्रैवृतेनानुवास्या च बस्तिश्चोत्तरसंच्छितः ॥ १११ ॥  
पतदेव महायोन्यां स्रस्तायां च विधीयते । वसा क्रक्षवराहाणां घृतं च मधुरैः शृतम् ॥ ११२ ॥  
पूरयित्वा महायोनि बध्नीयात् क्षौमलक्ककैः । प्रस्त्रस्तां सर्पिष्ठाभ्यज्य क्षीरस्विवां प्रवेश्य च ॥ ११३ ॥  
बध्नीयादेशवारस्य पिण्डेनामूत्रकाळतः । यच्च चातविकाराणां कर्मोक्तं तच्च कारयेत् ॥ ११४ ॥  
सर्वव्यापत्सु मतिमान्महायोन्यां विशेषतः । नहि चातादते योनिर्नारीणां संप्रदुष्यति ॥ ११५ ॥  
शमयित्वा तमन्यस्य कुयोदोषस्य भेषजम् ।

Ghṛta prepared with decoction of kāśmarya and kuṭaja is administered through vaginal douche to those who are affected with raktayoni, arajaskā and putragnī yonivyāpads.

The women who is arajaskā ( having amenorrhea ) should take blood of antelope, goat and sheep mixed with curd, sour fruit and ghee or milk processed with vitaliser drugs.

The oil ( processed with vitaliser drugs ) should be given through vaginal douche in karṇī, acaraṇā, śuṣkayoni and prākvaraṇā as well as in disorders of kapha and vāta.

A flaxen piece impregnated 21 times with bile of cow or fish should be put into vagina. Likewise, powder of yeast with honey should be used. It is cleanser of channels and alleviator of itching, moisture and smelling.

One suffering from prākvaraṇā and aticaraṇā should be administered non-unctuous enema with vāta-alleviating oils cooked hundred times and also be fomented with vāta-alleviating drugs. She should also be given uncting substances, unctuous food and poultices properly.

Samyāva ( a dietary preparation ) made with śatāhvā, barley, wheat, yeast, kuṣṭha, priyaṅgu, balā, ākhuparṇi and śrīveṣṭaka should be put into vagina.

In vāminī and upaplutā types of disorder, the patient should be managed with unction, fomentation etc. followed by applications of unctuous tampon. Thereafter she should be saturated.

Unctuous tampon prepared with the decoction of bark of ṣallakī, jiṅginī, jambū and dhava and pañcavalkala destroys viplutā yonivyāpad.

In karṇī yoni, suppository made of kuṣṭha, pippalī, arka, triphalā and rock salt pounded with goat's urine should be applied into vagina. Besides, all measures alleviating kapha are useful.

In udāvartā yoni and allied vātika disorders, unction with trivṛti ( ghee, oil and fat ), fomentation, meat soup of domestic and marshy animals and enema with milk boiled with daśamūla are efficacious. Unctuous enema and vaginal douche should also be given with traivṛta ( ghee, oil and fat )

The same treatment is given in mahāyoni and srastā yoni. Fat of bear and hog and ghee boiled with sweet drugs should be plugged into vagina and bandaged with flaxen piece.

The srastā yoni ( displaced genital track ) should be massaged with ghee and after fomentation with milk should be placed inside and bandaged putting bolus of vesavāra till the time of urination.

Whatever remedy is said for vātika disorders, should be applied in all disorders of female genital track particularly in mahāyonī.

The genital track of women does not get affected without vāta. Hence one should pacify it first and then treat other dosas. [ 100-115 ]

रोहितकान्मूलकलं पाण्डुरे प्रदरे पिवेत् ॥ ११६ ॥

जलेनामलकीवीजकलं वा ससितामधुम् । मधुनाऽमलकाचूर्णं रसं वा क्लेहयेच ताम् ॥ ११७ ॥  
 न्यग्रोधत्वक्षणयेण लोधकलं तथा पिवेत् । आस्त्रावे क्षीमपट्टं वा भावितं तेन धारयेत् ॥ ११८ ॥  
 मृक्षत्वक्चूर्णपिण्डं वा धारयेन्मधुना कृतम् । योन्या स्नेहाक्तया लोध्राप्रेयङ्गुमधुकस्य वा ॥ ११९ ॥  
 धार्या मधुयुता वर्तिः कपायाणां च सर्वशः । स्नावच्छेदार्थमध्यक्तां धूपयेद्वा घृतालुतैः ॥ १२० ॥  
 सरलागुग्गुलुयवैः सतैलकटुमत्स्यकैः । कासीसं त्रिफला कांक्षी सेमङ्गाऽम्रास्थि धातकी ॥ १२१ ॥  
 पैचिल्लये क्षीद्रसंयुक्तशूर्णां वैशाद्यकारकः । पलाशसर्जजम्बूत्वक्समङ्गामोच्चातकीः ॥ १२२ ॥  
 सपिच्छिलापरिक्षिन्नास्तम्भनः कलक इष्यते । स्तन्धानां कर्कशानां च कार्यं मार्दवकारकम् ॥ १२३ ॥  
 धारयेद्वैशवारं वा पायसं कुशारं तथा । दुर्गन्धानां कषायः स्यात्तौवरः कलक एव वा ॥ १२४ ॥  
 चूर्णं वा सर्वगन्धानां पूतिगन्धापर्कर्षणम् । पवं योनिषु शुद्धासु गर्भं विन्दन्ति योषितः ॥ १२५ ॥  
 अदुष्टे प्राकृते वीजे जीवोपकमणे सति ।

In excessive pale ( whitish ) discharge one should take paste of rohitaka root with water or paste of āmalaki seeds with sugar and honey.

Or she should be advised to lick powder or juice of āmalaka with honey or she should take paste of lodhra with decoction of nyagrodha bark in case of discharge or should put flaxen piece impregnated with the above decoction into vagina.

She should put a bolus made of the powder of plakṣa bark with honey into vagina after smearing with some uncting substance.

She should put the suppository made of lodhra, priyaṅgu and madhuka with honey or of astringent drugs into vagina to remove discharge.

Vagina should be fumigated with śarala, guggulu, barley, oil and kaṭu matsyaka ( a type of fish ) mixed with plenty of ghee after smearing it with uncting substance.

The powder of kāśisa, triphalā, saurāṣṭri, lajjālu, āmra seeds and dhātakī mixed with honey removes sliminess and makes the genital track clean.

In slimy and moist genital track, the paste of the bark of palāśa, sarja and jambū, lajjālu, mocarasa and dhātakī is applied locally to check discharge and oozing.

In case of stiff and hard genital track, softening measure should be adopted such as putting local application of vesavāra, pāyasa or kṛśarā.

In genital track having foul smell decoction or paste of tuvaraka should be applied or the powder of the drugs of the sarvagandha ( aromatic ) group which remove foul smell.

Thus when the genital track is normalised, the women conceive if the seed ( sperm and ovum ) is normal and undamaged and the consciousness has moved in. [ 116-125 ]

पञ्चकर्मविशुद्धस्य पुरुषस्यापि चेन्द्रियम् ॥ १२६ ॥  
परीक्ष्य वर्णेदांषाणां दुष्टं तद्घैरुपाचरेत् ।

The man also should be evacuated with five measures and after examining his semen involvement of doṣa should be known according to colour and the derangement should be treated with proper remedy. [ 126 ]

#### भवन्ति चात्र—

सलिङ्गा व्यापदो योनैः सनिदानचिकित्सिताः ॥ १२७ ॥

उक्ता विस्तरतः सम्युद्भुनिना तत्त्वदर्शिना । पुनरेवाग्निवेशस्तु प्रचल्ल भिषजा वरम् ॥ १२८ ॥  
आत्रेयसुपसङ्गम्य शुक्रदोषास्त्वयाऽनन्य ! । रोगाध्याये समुद्दिष्टा ह्यष्टौ पुंसामरोपतः ॥ १२९ ॥  
तेषां हेतुं भिषक्ष्येष्ट ! दुष्टादुष्टस्य चाकृतिम् । चिकित्सितं च कात्स्न्येन क्लैव्यं यच्च चतुर्विधम् ॥ १३० ॥  
उपद्रवेषु योनीनां प्रदरो यश्च कीर्तिः । तेषां निदानं लिङ्गं च चिकित्सां चैव तत्त्वतः ॥ १३१ ॥  
समासव्यासमेदेन प्रबूहि भिषजां वर ! । तस्मै शुश्रूषमाणाय प्रोवाच मुनिपुङ्गवः ॥ १३२ ॥

Here are the verses—

The disorders of female genital track along with symptoms, causes and treatment have been said properly in detail by the sage, the seer of reality.

Agniveśa again approached Ātreya, the best among physicians, and queried him—O sinless ! Eight defects of the semen of man have been mentioned by you in the chapter on ( enumeration of ) diseases. Now O best among physicians ! tell me, in brief as well as in detail, their etiology, symptoms of normal and abnormal and treatment and also the fourfold impotency. Tell me also about the cause, symptoms and treatment of pradara (menorrhagia) mentioned as one of the complications of female genital disorders. On this the foremost among sages said to him who was eager to listen. [ 127-132 ]

बीजं यस्माद्वयाये तु हर्षयोनिसमुत्थितम् । शुक्रं पौरुषमित्युक्तं तस्माद्वयामि तच्छृणु ॥ १३३ ॥  
यथा बीजमकालाम्बुद्धमिकीटाग्निदूषितम् । न विरोहति संदुष्टं तथा शुक्रं शरीरिणाम् ॥ १३४ ॥  
अतिव्यवायाद्वयायामादसात्म्यानां च सेवनात् । अकाले वाऽन्ययोनौ वा मैथुनं न च गच्छतः ॥ १३५ ॥

रुक्षतिक्तकथाया तिलवणामलोष्णसेवनात् । नारीणामरसज्जनां गमनाज्जरया तथा ॥ १३६ ॥  
 चिन्ताशोकादविस्मयम्भाच्छखक्षाराग्रिविभ्रमात् । भयात्कोधादभीचाराहृव्याधिभिः कर्शितस्य च ॥ १३७ ॥  
 वेगाघातात् क्षताच्चापि धातूनां संप्रदूषणात् । दोषाः पृथक् समस्ता वा प्राप्य रेतोवहाः सिराः ॥ १३८ ॥  
 शुक्रं संदूषयन्त्याग्नु

As the seed coming forth due to exhilaration during coitus is the manly semen itself, I am telling you, listen.

As seed ( of a plant ) does not sprout if affected by improper time, water, worms, insects and fire so is the defective semen of man.

Due to excessive coitus, exercise, use of unsuitable things, coitus untimely, in non-vagina and abstinence therefrom, excessive intake of rough, bitter, astringent, salty, sour and hot things, ignorance about the taste of woman, abnormal discharge, old age, anxiety, grief, suspicion, faulty application, fear, anger, exorcism, emaciation caused by diseases, suppression of urge, wound and morbid affection of dhātus, doṣas singly or collectively, having reached the semen-carrying vessels cause defects in semen. [ 133-138 ]

तद्रक्ष्यामि विभागशः । फेनिलं तनु रुक्षं च विवर्णं पूति पिच्छिलम् ॥ १३९ ॥  
 अन्यधातूपसंसृष्टमवसादि तथाऽष्टमम् । फेनिलं तनु रुक्षं च कुच्छेणालं च मारुतात् ॥ १४० ॥  
 भवत्युपदतं शुक्रं न तदगर्भाय कल्पते । सनीलमध्यवा पीतमत्युलं पूतिगन्धि च ॥ १४१ ॥  
 दद्विल्लङ्घं विनिर्याति शुक्रं पित्तेन दूषितम् । श्लेषणा बद्धमार्गं तु भवत्यत्यर्थपिच्छिलम् ॥ १४२ ॥  
 खीणामत्यर्थगमनादभिघातात् क्षतादपि । शुक्रं प्रवर्तते जन्तोः प्रायेण रुधिरान्वयम् ॥ १४३ ॥  
 वेगसंधारणाच्छुक्रं वायुना विहतं पथि । कुच्छेण याति ग्रथितमवसादि तथाऽष्टमम् ॥ १४४ ॥  
 इति दोषाः समाख्याताः शुक्रस्याष्टौ सलक्षणाः । स्निग्धं धनं पिच्छिलं च मधुरं चाविदाहि च ॥ १४५ ॥  
 रेतः शुद्धं विजानीयाच्छ्रेतं स्फटिकसञ्चिभम् ।

I will describe them separately. The defective semens are frothy, thin, rough, of abnormal colour, foetid, slimy, combined with other dhātus and precipitant, the eighth one.

Semen affected by vāta becomes frothy, thin, rough and is ejaculated with difficulty and in little quantity. It has no potency for fertilization.

Semen affected by pitta is bluish or yellow, very hot, foetid and is ejaculated with burning sensation.

If semen is obstructed in its passage by kapha, it becomes exceedingly slimy.

Due to excessive coitus, injury and wound semen comes out often with blood.

Due to suppression of urges semen obstructed in its passage by vāta comes out with difficulty and as knotted and precipitant,

Thus eight defects of semen are said with characters.

Semen unctuous, viscous, slimy, sweet, non-burning and white like rock crystal should be taken as pure ( normal ). [ 139-245 ]

वाजीकरणयोगस्तैरुपयोगसुखैहिंतैः ॥ १४६ ॥

रक्तपित्तहरैर्यांगैर्यांनिव्यापदिकैस्तथा । दुष्टं यदा भवेच्छुकं तदा तत् समुपाचरेत् ॥ १४७ ॥

धृतं च जीवनीयं यच्चयवनप्राश एव च । गिरिजस्य प्रयोगश्च रेतोदोषानपोहन्ति ॥ १४८ ॥

वातान्विते हिताः शुक्रे निरुहाः सानुवासनाः । अभयामलकीयं च पैते शस्तं रसायनम् ॥ १४९ ॥

मागध्यमृतलोहानां त्रिकलाया रसायनम् । कफोत्थितं शुक्रोपं हन्याद्भृतातकस्य च ॥ १५० ॥

यदन्यधातुसंसृष्टं शुक्रं तद्वीक्ष्य युक्तिः । यथादोषं प्रयुज्ञीत दोषधातुभिषग्नितम् ॥ १५१ ॥

सर्पिः पश्च रसाः शालिर्यवगोधूमपषिकाः । प्रशस्ताः शुक्रोपेषु वस्तिकर्म विशेषतः ॥ १५२ ॥

इत्यष्टशुक्रदोषाणां मुनिनोक्तं चिकित्सितम् ।

When semen becomes defective, it should be treated with aphrodisiac formulations which are easy to use and beneficial, the formulations alleviating rakta pitta and those useful in female genital disorders.

Jivaniya ghṛita, cyavanaprāśa, and the use of śilājatu remove the defect of semen.

In semen affected by vāta, non-unctuous enemas are advisable.

In paittika disorder of semen, rasāyana formulations mentioned in the chapter on 'abhayāmalakīya' ( ci-1.1 ) are commended.

The use of rasāyana formulation of pippali, amṛta and loha; triphalā and bhallātaka destroy the defect of semen caused by kapha.

The semen accompanied by other dhātus, after examination, should be treated properly for doṣa as well as dhātu concerned according to morbidity.

Ghee, milk, meat soup, śāli rice, barley, wheat and ṣaṣṭika particularly application of enema is beneficial in defects of semen.

Thus treatment of eight defects of semen is said by the sage. [ 146-152 ]

रेतोदोषोद्भवं क्लैब्यं यस्माच्छुद्धयैव सिध्यति ॥ १५३ ॥

ततो वश्यामि ते सम्यग्मिवेश ! यथातथम् ।

As impotency caused by the defect of semen is cured by elimination of the defect itself, now I will describe as it is. [ 153 ]

वीजध्वजोपधाताभ्यां जरया शुक्रसंक्षयात् ॥ १५४ ॥

क्लैब्यं संपद्यते तस्य शृणु सामान्यलक्षणम् । सङ्कल्पप्रवणो नित्यं ग्रियां वश्यामपि ख्रियम् ॥ १५५ ॥  
न याति लिङ्गशैथिल्यात् कदाचिद्याति वा यदि । श्वासार्तः स्विन्नगात्रश्च मोघसङ्कल्पवेष्टिः ॥ १५६ ॥